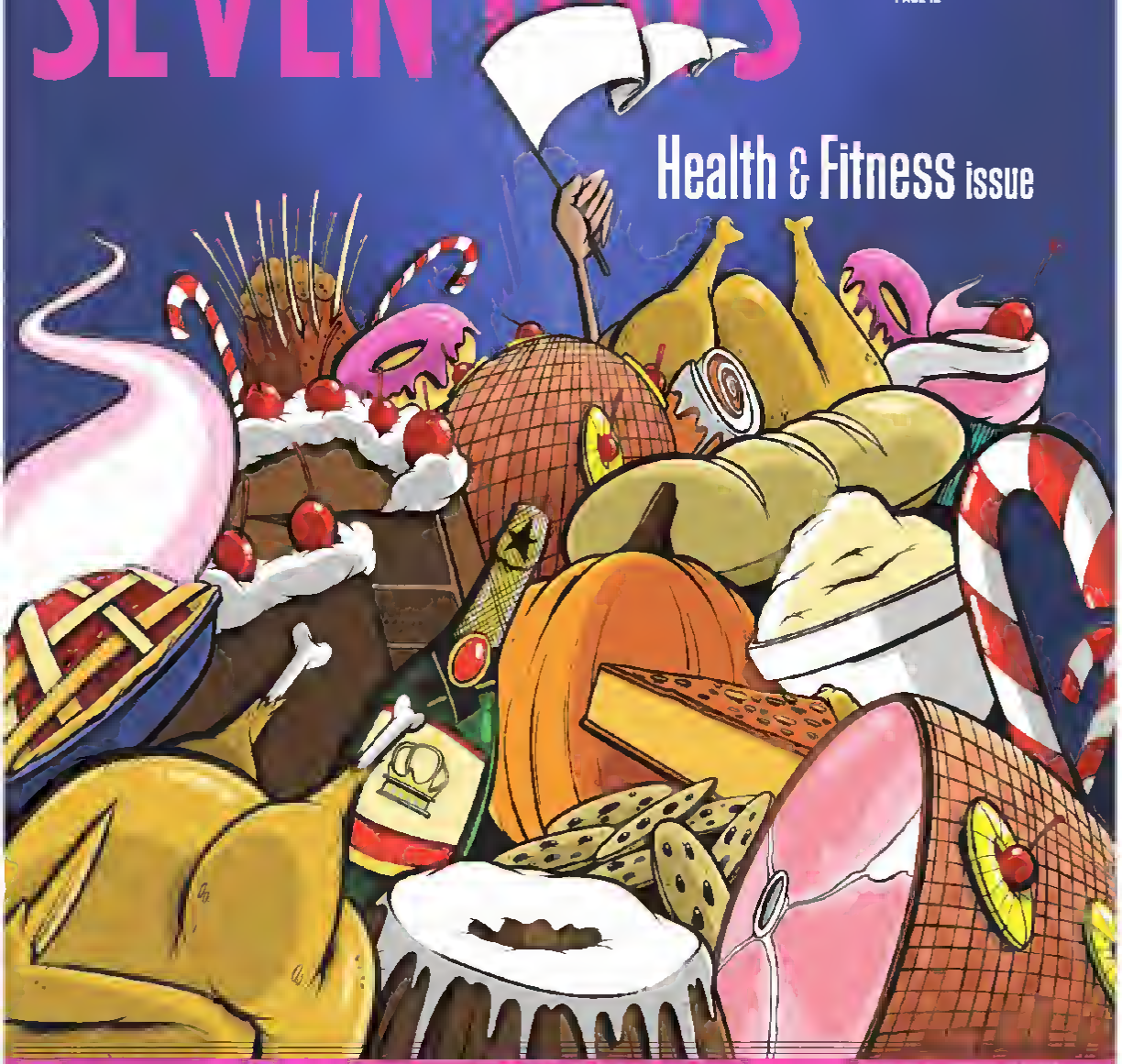
FREE

SEVEN DAYS

HARD DRIVE
VT DMV's $18M computer fiasco
PAGE 12

Health & Fitness issue



A DOC CALLED BUNKY
Charlotte's old-fashioned physician
PAGE 26

HOT ASANAS
A reporter sweats Bikram
PAGE 32

DRAG QUEEN CITY
Lovett's ladies backstage
PAGE 60

VERMONT'S INDEPENDENT VOICE JANUARY 18-25 2012 VOL 17 NO 20 SEVENDAYSVT.COM

O·BRIENS AVEDA INSTITUTE

Connect



Start Your Career in Cosmetology

classes begin in March

FREE Deep Conditioning Treatment with any Color Service

1475 Shelburne Road 802.658.9591 www.obriensavedainstitute.org

BuildingEnergyVT.com 802.859.3384

Building Energy

BUILDING ENERGY



52 Drew St. - Burlington

Major energy rehab of historic home

95% air flow reduction

70% heating reduction

Open House Tours

March 17, 9:00 to 5:00

Tom Moore, builder, & Scott Gardner, energy contractor, will be on hand to answer your energy challenges.

Visit Tom's new model home and Building Energy's renovated older home to talk with the experts about your options for renewable energy, insulation upgrades, mechanical systems, universal design, lighting innovations and computer controlled environments.

122 Stevensville Road - Underhill Ctr.

LEED Certified

New high performance construction

Sustainable Net zero philosophy



TOM MOORE & SONS

tommoorebuilder.com 802.899.2376



sound proof

THE PHOTOGRAPHY OF MATTHEW THORSEN VERMONT MUSIC IMAGES 1990-2000

A BIG HEAVY WORLD EXHIBIT PRESENTED BY SEVEN DAYS sevendaysvt.com





An audio/visual depiction of a dynamic decade through the lens of *Seven Days* photographer Matthew Thorsen

A touring time capsule that combines photographs with music and audio commentary from the artist.

A showcase of Vermont's incredible music scene during the 1990s.

FEBRUARY & MARCH • OPENING THU, FEB 2, 2-30-5-30

THE GOVERNOR'S GALLERY

LOCATED IN THE OFFICE OF GOVERNOR SHUMLIN

5TH FLOOR OF THE PAVILION OFFICE BUILDING

109 STATE STREET, MONTPELIER, HOURS MON-FRI 8-30AM-4 30PM

PHOTO ID REQUIRED FOR ADMISSION

PRINTS FROM THE EXHIBIT ARE AVAILABLE ONLINE AT WWW CREATIVEHABITATVT COM

MADE POSSIBLE WITH GENEROUS SUPPORT FROM:

VERMONT ARTS COUNCIL engage a creative state

ART WORKS.

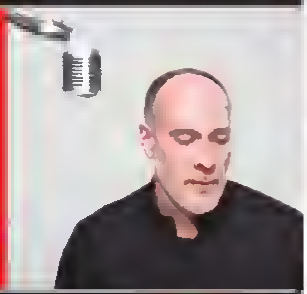
creative habitat

SPRUCE PEAK
PERFORMING ARTS CENTER
122 Hourglass Dr. | Stowe, VT

Tickets On Sale Now!

Box Office: 802.760.4634
SprucePeakArts.org

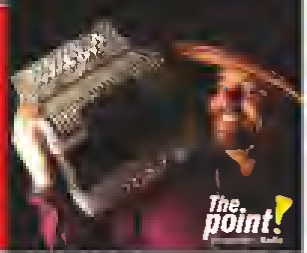
TUE 1/24 • 7PM
AN EVENING WITH MARC COHN
COHN COMBINES THE PRECISION OF A BRILLIANT TUNESMITH WITH THE PASSION OF A GREAT SOUL MAN.
The point!





FRI 2/3 • 8PM
COCKTAILS WITH LARRY MILLER
ONE OF HOLLYWOOD'S MOST RECOGNIZABLE FACES
The point!

SAT 2/4 • 8PM
TERRANCE SIMIEN & THE ZYDECO EXPERIENCE
GRAMMY AWARD WINNING ARTIST



UPCOMING EVENTS:

2/10: THE STRADIVARI QUARTET
2/11: SOUTHSIDE JOHNNY & THE ASBURY JUKES
2/18: THE TURTLE ISLAND STRING QUARTET
2/24: SUZANNE VEGA
2/25: BLACKBERRY SMOKE
2/28: CELTIC CROSSROADS

Box Office: 802.760.4634
SprucePeakArts.org

The Spruce Peak Performing Arts Center is a 501(c)(3) not-for-profit arts organization dedicated and committed to entertaining, educating, and engaging our diverse communities in Stowe and beyond





SEVENDAYSVT.com
01.12.01 25.12
SEVEN DAYS

SEVEN DAYS SOCIAL Club

BE SOCIAL — JOIN THE CLUB!

Social Clubbers like to go out, shop, meet new people and win things — doesn't everyone? Sign up to get insider updates about local events, deals and contests from Seven Days

PICK YOUR PLEASURE

LIKE/FAN/STALK US
sevendays.socialclub

JOIN OUR E-BLAST LIST
sevendaysvt.com

FOLLOW THE FUN
@7dSocialClub

Jess

Dresses for every occasion and every style

...and so much more!

98 Church Street Burlington VT 802-660-4004 www.Jessboutique.com

PICO MOUNTAIN VERMONT



PICO MOUNTAIN
3-DAY LEARN TO SKI/RIDE
STARTING AT $99

FOR AGES 7 AND OLDER

Learn To Ski & Ride is an all-inclusive program designed to get you started on the mountain. Single and multi-day packages include rental equipment, lift ticket and a 90-minute lesson (lift ticket is limited to the Bonanza lift). Half day lessons meet at 10:00 a.m. and 1:00 p.m. Thursday through Monday and every day during peak periods.*

LEARN MORE AT PICOMOUNTAIN.COM

*Peak Dates: 2/10 - 2/26/12

COMPILED BY CATHY RESMER & TYLER MACHADO



Don't bother trying to access Wikipedia, Reddit or Twitpic on Wednesday, January 18: the day this paper hits the streets. Those major websites are shutting down for the day to protest a pair of bills currently under consideration in the U.S. Congress.

The Stop Online Piracy Act (SOPA) in the House of Representatives and the PROTECT IP Act (PIPA) in the Senate are ostensibly meant to combat rampant online piracy of movies, music and TV shows. Opposition to the twin bills has been heating up in the past few weeks. Opponents claim the bills would give the U.S. government unprecedented control over how Americans access the internet.

If passed, the bills would force internet service providers and search engines to block access to websites accused of hosting pirated material. They would also forbid online ad networks and payment providers from doing business with the accused pirate websites. Big entertainment and media corporations are, of course, supporting SOPA and PIPA. Vermont's Sen. Patrick Leahy, longtime friend of Hollywood, is one of PIPA's lead sponsors.

But newer tech companies such as Google, Twitter and Facebook say that the laws could result in widespread censorship of the web and could even undermine the fundamental architecture that makes the Internet work.

The backlash from internet users has been loud and fierce, and it hasn't gone unnoticed. SOPA appeared headed for a vote this week, but Republican House Majority Leader Eric Cantor has put it off, hoping to build consensus on the issue.

In the Senate, Leahy has agreed to "set aside" the provisions of PIPA that would allow the government to block access to foreign-based websites, as Andy Bromage reported in a blog post on Friday ("Leahy Backs Down on Controversial Online Piracy Bill: Where Do Sanders and Welch Stand?" January 13). The Senate is set to vote on PIPA on January 24.

Sen. Bernie Sanders and Rep. Peter Welch both say they haven't taken a position on the bills yet, and the White House has issued a statement acknowledging the opposition to the bills and inviting more feedback from the public.

Looking for the newsy blog posts? Find them in Local Matters, on p17.

facing facts

UP IN SMOKE

With a veto, Burlington Mayor Bob Kiss snuffed out the city's ill-conceived outdoor smoking ban. Nobody likes cancer, but that rega was wack.

UNREAL STEAL

What's worse than stealing copper wire off a covered bridge? Breaking into an elementary school for the hot-lunch money. Both happened last week in Vermont.

SEATING ARRANGEMENT

At least one legislative committee is recommending that Burlington, with its growing population, deserves another vote in Montpelier. A perfect 10?

WHITHER WATERBURY?

The town that once housed more than 1000 state employees pre-Irene may have to beat the Granite City to get them back. How does Waterbarre sound?

FACING FACTS COMPILED BY SEVEN DAYS EDITORS

$321,387



That's the annual household income required to be a part of Vermont's "1 percent," according to data analysis by the *New York Times*.

TOP FIVE

MOST POPULAR LIT[illegible]

1. **"Flu Shot or Not? State Health Officials Warn Against 'Alarmist' Reaction to Young Girl's Death"** by Ken Picard. Vermont Health Commissioner Harry Chen warns that a backlash against the influenza vaccine could do more harm than good.
2. **"South Burlington Considers a Development Moratorium — Again"** by Ken Picard. South Burlington revisits a proposal to put the brakes on development in the city for up to two years ... and inflames passions on all sides of the issue.
3. **"Hi Ho, Ontario!"** by Megan James and Corin Hirsch. Two Seven Days writers took Porter Airlines' new flight from Burlington to Toronto to find the best things to see, eat and do in Canada's largest city.
4. **"In Montpelier and St. Johnsbury, Arts Alliances Take Shape"** by Pamela Polston. Arts institutions hook up to form new partnerships in two Vermont cities.
5. **"Cider Buzz"** by Kathryn Flagg. Hard cider is making a big comeback in Vermont.

tweet of the week:

@emetarr

Temp difference @jaypeakre sort between the base of the Flyer and the Pump House? 131 degrees. #nobigdeal (1/15)



FOLLOW US ON TWITTER @SEVEN_DAYS

OUR TWEEPLE: SEVENDAYSVT.COM/TWITTER

SEVENDAYSVT.COM

Gold Sponsor RUTLAND HERALD
Season Sponsor Citizens Bank
2011/2012 season
PARAMOUNT THEATRE
PARAMOUNTLIVE.org
30 CENTER ST, RUTLAND, VT
CHARGE-BY-PHONE 802.775.0903



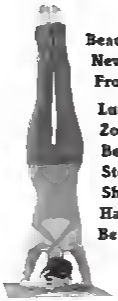
capitol STEPS
sat, jan 21 8:00 PM
SERIES SPONSORS Rutland Herald, Pepsi
EVENT SPONSORS George Lynes, Robin and Robert Vaghn
Web media support from VPR, WVNY



masters of ILLUSION
tues, feb 7 8:00 PM
SERIES SPONSORS Rutland Herald, NORTHFACE
EVENT SPONSOR Hall Maynard Harsey
Web media support from WVNY



cirque MECHANICS
Boomtown
fri, feb 17 8:00 PM
SERIES SPONSORS Rutland Herald, NORTHFACE
EVENT SPONSOR Hayden's Furniture
Web media support from WVNY



Beautiful
New Clothing
From:

Lucy
Zobha
Beyond Yoga
Stonewear Designs
Shakti
Hard Tail
Be Present

Locally owned.

yogarama ATHLETICA

YOGA • LIFESTYLE • FITNESS
100 MAIN ST. BURLINGTON
802-652-1454 • YOGARAMAVT.COM

salon obriens

GET HEALTHIER HAIR IN THE NEW YEAR



Experience NEW Botanical Hair Therapy Add-on Treatments
Hair & Scalp for $25 or $15 each

Treatment after a Hair Ser...
Valid January 1st - 31st

University Mall
863.2273

247 Main St., Burl...
658.6565

Essex Junction
878.4554

Middlebury
388.2350

Say you saw it in...
SEVEN DAYS
sevendaysvt.com

SEVEN DAYS

ALL THE NEWS THAT'S FIT

EDITORIAL/ADMINISTRATION
CO-OWNERS/FOUNDERS Pamela Polston & Paula Routly
PUBLISHER/CO-EDITOR Paula Routly
ASSOCIATE PUBLISHER/CO-EDITOR Pamela Polston
ASSOCIATE PUBLISHERS Don Eggert, Cathy Resmer, Colby Roberts
ASSOCIATE EDITOR Margot Harrison
POLITICAL EDITOR Andy Bromage
STAFF WRITERS Andy Bromage, Kathryn Flagg, Ken Picard
STAFF ARTS WRITER Margot James
MUSIC EDITOR Dan Bolles
FOOD WRITERS Corin Hirsch, Alice Levitt
CALENDAR EDITOR Carolyn Fox
OFFICE MANAGER Cheryl Brownell
CIRCULATION MANAGER Steve Radelin
PROOFREADERS Meredith Coleman, Kate O'Neill
PERSONAL TRAINER Rick Woods

ASSIGN/PRODUCTION
CREATIVE DIRECTOR Donald Eggert
PRODUCTION MANAGER Justin Gonyea
DESIGNERS Brooke Bousquet, Bobby Hackney, Celia Hazard, Andrew Sawtell, Rev Diane Sullivan

WEB/NEW MEDIA
ONLINE EDITOR Cathy Resmer
DEPUTY ONLINE EDITOR Tyler Machado
CREATIVE DIRECTOR Donald Eggert
MULTIMEDIA PRODUCER Eva Sollberger

SALES/MARKETING
DIRECTOR OF SALES Colby Roberts
ACCOUNT EXECUTIVES Robyn Brigham, Michael Bradshaw, Michelle Brown, Jess Piccirilli, Emily Rose
DIRECTOR OF MARKETING & EVENTS Judy Bouffard
CLASSIFIEDS & PERSONALS COORDINATOR Ashley Cleare

CONTRIBUTING WRITERS
Jarrett Berman, Jenny Blair, Matt Buchbinder, Elizabeth Crone, Erik Esckilsen, Kevin J. Kelley, Rick Kisonak, Judith Levine, Amy Lilly, Jernigan Pontiac, Amy Rahn, Robert Resnik, Sarah Tuff, Lindsay J. Worsley

PHOTOGRAPHERS
Justin Cash, Andy Duback, Jordan Silverman, Matthew Thorsen, Jeb Wallace-Brodeur

ILLUSTRATORS
Harry Bliss, Tom Chitty, Sean Metcalf, Marc Nadel, Tim Newcomb, James Norton, Michael Tunn

CIRCULATION 35 000
Seven Days is published by Da Capo Publishing Inc. every Wednesday. It is distributed free of charge in Greater Burlington, Middlebury, Montpelier Stowe, the Mad River Valley, Rutland, St. Albans, St. Johnsbury, White River Junction and Plattsburgh. *Seven Days* is printed at Upper Valley Press in North Haverhill, N.H.

SUBSCRIPTIONS
6-MONTH 1ST CLASS: $175 1-YEAR 1ST CLASS: $275
6 MONTH 3RD CLASS: $65 1-YEAR 3RD CLASS: $135
Please call 802.864.5684 with your credit card, or mail your check or money order to "Subscriptions" at the address below.

Seven Days shall not be held liable to any advertiser for any loss that results from the incorrect publication of its advertisement. If a mistake is ours and the advertising pays for has been rendered valueless, *Seven Days* may cancel the charges for the advertisement, or a portion thereof as deemed reasonable by the publisher. *Seven Days* reserves the right to refuse any advertising, including inserts, at the discretion of the publishers.

Local First

PO BOX 1164, BURLINGTON VT 05402 1164
802.864.5684 SEVENDAYSVT.COM

FACEBOOK /SEVENDAYSVT TWITTER @SEVEN_DAYS

VERIFIED AUDIT OF CIRCULATION

©2012 Da Capo Publishing Inc. All rights reserved

FEEDback

READER REACTION TO RECENT ARTICLES

CANADIAN PERSPECTIVE

I am a recent transplant from Burlington to Toronto and thoroughly enjoyed ["Hi Ho, Ontario!" January 11], though I thought I might point out a few things.

First, it's Gerrard Street — not Gerard Street — for those looking to find Little India using mapping software to find their way. Also, we are thrilled that you found the Mill Street Brewery, as the Tankhouse Ale is a favorite, and particularly thrilled you found Ontario Spring Water Sake Company, a brilliant local product of global quality (*Seven Days* had it as the Ontario Spring Sake Water Company).

I hope the readers appreciate that any city of 2.7 million that is 85 percent immigrant is going to have frighteningly large quantities of ethnic food options. Luckily, there are many things to do between meals that don't involve other meals: free ice skating; traditional music sessions in pubs; heck, these folks even have a queen. I hope Americans who hop the Porter flights do more than import American gluttony north of the border.

Rob Rohr
TORONTO, ONTARIO

ABUSE EXTENDS TO CLASSIFIEDS

While I appreciate your spotlight on animal welfare ["Is Vermont Failing Its Livestock? A Tale of Two Animal-Abuse Cases," December 14, and "State Police Seize Six Malnourished Horses from Jeffersonville Man," Blurt, January 10], I do not appreciate seeing classified advertisements in your paper allowing pets to be sold for profit, and usually not neutered. Will your newspaper be following up on the welfare of the potential hundreds of pups those dogs could sire?

Leah Korce
JERICHO

GET MOVING, SOUTH BURLINGTON

[Re "South Burlington Considers a Development Moratorium — Again," January 11] Supporters of the interim-zoning bylaw suggest that city planners need two years "to put the finishing touches on a new, five-year comprehensive plan." Really? You need two years just to finish up a five-year plan? Does that mean that in seven years, you'll need another two years again? Come on!

You can't put the world on pause for two years while you take your sweet time to figure out your "finishing touches." Businesses can't press pause on their budgets, salaries, financial planning, growth strategies or debt service on property they have already purchased and planned to develop. That anyone in South Burlington is even requesting such a fantastical concept as pausing the world in the first

TIM NEWCOMB



place shows where the real problem is: Bureaucrats live in a fantasy land where the real challenges of residents and businesspeople don't apply. City planners need to get it together and make faster — and maybe more imperfect — decisions. They need to live in the real world, just like every resident and business, where things move faster than you can keep up with, and you just have to make the best decision you can with the time that you have. Stopping time is simply not a choice. No matter how city council votes, businesses and residents need rules under which they can develop and plan developments. If city planners don't understand that and they can't work with that, then they should be replaced with qualified candidates who can.

Jonny Adler
BURLINGTON

THERE'S MORE TO THE SOUTH BURLINGTON STORY...

Ken Picard's article only scratches the surface of the motivations for the interim-zoning proposal ["South Burlington Considers a Development Moratorium — Again," January 11]. No mention is made of Sandra Dooley's antidevelopment obsession driven by her 20-plus-year opposition to the Cupola Golf Course development in her back yard. Little is mentioned about Roseanne Greco's antigrowth ideology. Nothing is mentioned about Meaghan Emery's opposition to the continued growth of the airport and the National Guard.

Responsible people with different views can respectfully debate the pros and cons of growth and its impacts. This is a "forever" type process, which is democratically facilitated through the zoning and planning process. These councilors are not satisfied with this process. This proposal is a power grab. They think they know better than everyone else what is good for our community. They are attempting to hijack the zoning and planning process to impose their will through interim zoning.

It is a scary thought that three people can exercise this kind of power to satisfy their own objectives. They are supposed to *serve*, not be served!

Michael Simoneau
SOUTH BURLINGTON

Editor's note: Andy Bromage wrote an article about Sandra Dooley last summer, when South Burlington last considered restricting development. The July 13 story was titled, "Is a Conflict of Interest Behind South Burlington's Development Slowdown?"

SHOT IN THE DARK

Although public health officials would have you believe otherwise, flu shots do far more harm than good, with far more adverse reactions ["Flu Shot or Not? State Health Officials Warn Against 'Alarmist' Reaction to Young Girl's Death," January 11]. These injections come from contaminated chicken embryos, which contain retroviruses, recombinant DNA strands, aluminum, a known neurotoxin, and mercury — the second most toxic thing on the planet next to plutonium. There are several other extremely harmful elements in their makeup, as well. Getting this toxic cocktail actually injures your immune system and can create a host of autoimmune issues. Doctors and state health officials repeatedly parrot how safe and effective these vaccines are, but the truth is, only 1 percent of all adverse vaccine reactions are ever reported since it is the doctors who administer these shots themselves who have to make the actual report. Ninety-nine percent of the time they say any bad reaction, including paralysis and death, is just coincidence. Anyone who takes the time to do any real research on the ingredients and methods of manufacture of these shots would run at full speed in the other direction if they saw an MD coming at them with a needle. Vaccines are a $25 billion industry with an annual growth rate of 12 percent. Need I say more?

Julia Kunkowski
CHITTENDEN

CORRECTION:

Last week in our State of the Arts story "In Montpelier and St. Johnsbury, Arts Alliances Take Shape," we misspelled the name of CALM spokesperson Steve Falbel. Our apologies for the error.

SAY SOMETHING!

Seven Days wants to publish your rants and raves. Your feedback must...

- be 250 words or fewer
- respond to Seven Days content
- include your full name, town and a daytime phone number

Seven Days reserves the right to edit for accuracy and length.

Your submission options include:

- sevendaysvt.com/feedback
- feedback@sevendaysvt.com
- Seven Days, P.O. Box 1164, Burlington, VT 05402-1164



STELLA MAE

40% OFF
Select Styles

Now through Sunday, 1/22.

Winter Boots, Heels, Flats, Clothing & More!

96 Church Street, Burlington
864-2800 • stella-mae.com
/StellaMaeVT

VACCINE STUDY

OUR COMMUNITY IS PART OF THE WORLD COMMUNITY.

HELP US DEVELOP A VACCINE FOR DENGUE FEVER

Outpatient Clinical Research Study



- A 1 Year Study with Two Doses of Vaccine or Placebo
- Healthy Adults Ages 18 – 50
- Screening visit, Dosing Visits and Follow-up Visits
- Up to $2,120 Compensation

For more information and scheduling, leave your name, phone number, and a good time to call back.

The University of Vermont

Call 656-0013 or fax 656-0881 or email VaccineTestingCenter@uvm.edu



RED SQUARE
Make mine a double!

WED 1/18	STARLINE RHYTHM BOYS 7PM DJ CREB 10PM
THU 1/19	JOHN SCOOCH QUINO BAND 7PM DJ CREB 10PM DJ A-DOG 10PM
FRI 1/20	BRIAN DOLZANI 5PM AMIDA BOURBON PROJECT 8PM DJ STAVROS 10PM BONJOUR-HI 11PM
SAT 1/21	GROOVESHOES 5PM THE STONE REVIVAL BAND 8PM DJ STAVROS 10PM / DJ A-DOG 11PM
MON 1/22	INDUSTRY NIGHT FT. ROBBIE J 7PM
TUE 1/23	SUPER K 7PM CRAIG MITCHELL 10PM

86 Church St • 859-3707 • redsquarevt.com
RENT THE SQUARE FOR YOUR PARTY!

BRIAND SHUMAN DMD PAUL A LEVI JR. DMD HOLLY A HALLIDAY DDS MATTHEW R KOLESAR, DMD MMSC

WE'RE OPEN!

NEW LOCATION!
1775 WILLISTON ROAD,
SOUTH BURLINGTON
At the corner of
Williston Road & Kennedy Drive



SAME
GREAT STAFF

NEW
STATE-OF-THE-ART
EQUIPMENT!

Visit our website
for health tips and monthly blogs.
www.keepyourteeth.com

ASSOCIATES in PERIODONTICS

SCH[illegible] APP[illegible]
802.863.5447





contents

JANUARY 18-25, 2012 VOL.17 NO.20



If you're already slacking on your New Year's fitness resolutions, we're here to help. Running devotees and wannabes see Sarah Tuff's article on new rehab/retail shop **GREEN MOUNTAIN RUNNING MEDICINE**. And then note that running reduces stress in mice — Jenny Blair gets the lowdown on UVM research linking **PHYSICAL EXERCISE AND MENTAL HEALTH**. Ken Picard has something to say about that, recounting his 90 sweaty minutes at **BIKRAM YOGA**. But fitness isn't all about abs and glutes. Kathryn Flagg profiles Charlotte's beloved family practice doc **BUNKY BERNSTEIN**. Alice Levitt visits Gerard Rubaud to find out how the the baker is relearning his moves post-stroke with **THE FELDENKRAIS METHOD**. Be well.

NEWS

14 The Houses That Miro Built: A Read on the "Developer" Candidate's Real Estate Record
BY KEVIN J. KELLEY

16 Chicken to Go? "Beefman" Bids on Vermont's Mobile Poultry Slaughterhouse
BY KATHRYN FLAGG

17 News on Blurt
BY *SEVEN DAYS* STAFF

ARTS NEWS

18 *Nemesis* Brings a 1930s Adventure Story to Stage, and Sludge Monsters to Earth
BY LINDSAY J. WESTLEY

18 Dance-Theater Piece Explores Communication, Facebook and the Beauty of the Handwritten Letter
BY MEGAN JAMES

21 Vermont Documentarians Want to "Wake Up" Audiences — One at Sundance
BY MARGOT HARRISON

REVIEWS

63 Music
Waylon Speed, *The Boots EP*, Jatoba, *Death, Fire and Picnic Tables*

86 Art
Evie Lovatt, BCA Center

72 Movies
The Artist, *Carnage*

FEATURES

26 The Doctor Is In
Health & Fitness: A Charlotte physician keeps old-fashioned family practice alive
BY KATHRYN FLAGG

28 Body of Evidence
Health & Fitness: New studies suggest that physical exercise is good for mental health, too
BY JENNY BLAIR

32 It's Burning, Man!
Health & Fitness: Melting away the calories, toxins and stress in a Bikram yoga class
BY KEN PICARD

36 Pace Maker
Health & Fitness: A new retailer enters the race to capitalize on Burlington's running boom
BY SARAH TUFF

38 Rising Again
Food: Gerard Rubaud bakes his famous bread with the help of the Feldenkrais Method
BY ALICE LEVITT

42 French Kiss
Food: Taste Test: Pistou
BY CORIN HIRSCH

58 Dicks Joke
Music: The great phallus-y of Led LO/CO
BY CHESTER BANGS

COLUMNS

12 Fair Game
Open season on Vermont politics
BY ANDY BROMAGE

23 Whiskey Tango Foxtrot
We just had to ask...
BY KEN PICARD

39 Side Dishes
Food news
BY CORIN HIRSCH & ALICE LEVITT

59 Soundbites
Music news and views
BY DAN BOLLES

83 Mistress Maeve
Your guide to love and lust
BY MISTRESS MAEVE

STUFF TO DO

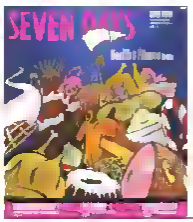
11 The Magnificent 7
44 Calendar
55 Classes
58 Music
66 Art
72 Movies

VIDEO

Stuck in Vermont: MountainTop Human Rights Film Festival. Multimedia producer Eva Sollberger headed to Waitsfield last weekend for the ninth annual human rights film festival at the Big Picture Theater.



sevendaysvt.com/multimedia



FUN STUFF

straight dope 25
movies you missed 75
free will astrology 76
news quirks 77
bliss, tea rail 78
lulu eightball 78
the k chronicles 78
this modern world 78
bill the cockroach 79
red meat 79
tiny sepuku 79
american elf 79
personals 81

CLASSIFIEDS

vehicles C 2
housing C 2
services C 2
homeworks C-3
fsbo C-4
buy this stuff, music C-4
crossword C-4
srt, legals C 5
calcoku/sudoku C 5
commercial works C-6
support groups C-6
puzzle answers C 7
jobs C-8

COVER IMAGE MATT MIGNANELLI COVER DESIGN CELIA HAZARD



Let it Snow!

dear lucy.
SHOES & BAGS

38 Church Street
862.5126
dearlucy.com

Mon-Sat 10am-8pm
Sun 11am-6pm

a new year + a new gym = a new YOU



We have all the classes, cardio, weights and experienced staff to help you start your New Year goals for a happy, healthy year.

*Join anytime in January and get a FREE Fitness assessment.

marketplace fitness

29 Church St Burlington VT 05401 • 802-651-8773

www.marketplacefitness.com

patagonia

Burlington

sale

30% OFF*

2012 Fall/Winter clothing, footwear, packs

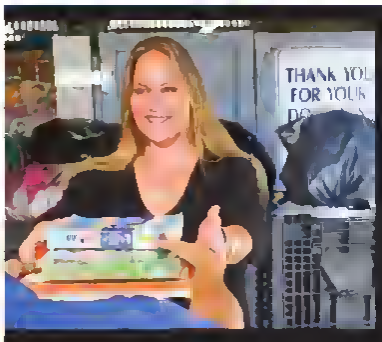
50% OFF*

Capilene® & wool base layers

*Select colors & styles.

157 Bank St., Burlington • 802.923.2910

www.patagoniaburlington.com



POWERED BY GOODWILL®

your donations make a difference

Join Goodwill at Burlington Green Drinks!

Tuesday, January 31

6-8 pm

Main Street Landing

South Burlington

1030 Shelburne Road

Williston

329 Harvest Lane

www.goodwillnne.org/donate

Goodwill

Industries of Northern New England

Das Bierhaus

WANTED



MUSTACHE MANUARY

sign up

DASBIERHAUSVT.COM/MANUARY

Cure cancer Teach boys to be men Participate solo, or with a group.

Shaving? That's not an option.

FINALS TO BE HELD AT DAS BIERHAUS ON 2/12/12

Entries Posted Online!

Additional Prizes Provided by

BERN GALLERY

Von Trapper's Belted Cow Bistro

And Many More!

the MAGNIFICENT 7

MUST SEE. MUST DO THIS WEEK.

COMPILED BY CAROLYN FOX



courtesy photo, Mount Snow

1

THURSDAY 19-SUNDAY 22

Just Dew It

For the second year in a row, Killington Resort hosts top free-ski and snowboard competitors as a stop on the much-anticipated **Winter Dew Tour** (pictured). Get ready for four days of action on 22-foot superpipes and tricky slopestyle courses. Sure, you can watch it on NBC starting on Saturday, but these things are so much better in 3-D.

SEE CALENDAR LISTING ON PAGE 47

2

WEDNESDAY 18-SUNDAY 22
TUESDAY 24 & WEDNESDAY 25

Notes on a Scandal

The French Revolution looms, but two aristocrats are more concerned with weaving a web of lies and lust in Northern Stage's latest production. Based on Choderlos de Laclos' red-hot 18th-century novel ***Les Liaisons Dangereuses*** — the story that inspired *Cruel Intentions* — balances scenes of seduction with pointed social commentary. The curtain's up through February 5.

SEE CALENDAR LISTING ON PAGE 46

3

SATURDAY 21

Roll Models

Should you find yourself across the lake this weekend, don't be surprised to see a little neighborly rivalry. Plattsburgh's North Country Lumber Jills and the Green Mountain Derby Dames' Black Ice Brewers lace up and duke it out for flat-track triumph in the **Plattsburgh Roller Derby Public Scrimmage**. Let's see who can whip it real good.

SEE CALENDAR LISTING ON PAGE 50

4

SATURDAY 21

Color Code

Sometimes channeling a string band, other times edging in a rich horn section, **Greensky Bluegrass** go beyond the genre their name implies. *Glide Magazine* describes them as "the Black Keys gone Telluride" — "not too far a stretch, as these festival favorites have killed it at the latter." The five-piece acoustic outfit plays the Higher Ground Showcase Lounge on Saturday.

SEE MUSIC SPOTLIGHT ON PAGE 60

5

SATURDAY 21

Under the Sea

They may breathe fire, but in Chinese folklore, dragons rule the water. Just in time for Chinese New Year — 2012 is the Year of the Dragon — Massachusetts' Tanglewood Marionettes present "***The Dragon King***," as part of the HopStop Family Series. In the face of drought, the puppet villagers embark on a quest for the mythological creature in this colorful underwater tale.

SEE CALENDAR LISTING ON PAGE 50

6

THURSDAY 19

Miss Universe

"It takes more than a pen and a piece of paper to pick up the front-page scoop," says Molly Sloan, 1930s reporter and unlikely heroine of "***Intergalactic Nemesis***." When sludge monsters from outer space threaten to invade Earth, she *will* get the story — even if she has to travel to planet Zygon. Tag along in this thrillingly cheesy sci-fi adventure, presented as a live-action graphic novel.

SEE STORY ON PAGE 18 & CALENDAR LISTING ON PAGE 47

7

ONGOING

Transformers

It's more than padded bras, pantyhose and immaculate wigs. Photographer Evie Levett's thoughtful behind-the-scenes snaps at Dummerston drag shows — displayed in "***Backstage at the Rainbow Cattle Co.***" at the BCA Center — capture the mental metamorphoses of her subjects, too. Complete with audio interviews, the exhibit reveals what Levett has called "the calm before the raunch, sequins and flamboyance."

SEE ART REVIEW ON PAGE 66

everything else...

CALENDAR ..... P 44
CLASSES ..... P 56
MUSIC ..... P 58
ART ..... P 66
MOVIES ..... P 72

READ BOOKS
CROW BOOKSHOP
YOUR LOCAL SOURCE SINCE 1995
14 CHURCH ST • BURLINGTON,VT
CROWBOOKS.COM • (802) 862-0848

Authentic Movement Spring Class Series
"Meditation in Movement"
Taught by Bonnie Morrissey
Psychologist-Master and Dance/Movement Therapist
4 Sundays.
Jan 29, Feb 19
Apr 1, Apr 29
12:30-3:30
at South End Studio
$45/class (total $180)

Bonnie with fellow teacher Janet Adler
To register or more info
802-651-7507

STRIP HOP
February 4th-18th
Saturdays 12:00-1:30
$59
bring knee pads
MOTION STUDIO

HAMMERFIT ATHLETIC CLUB
Limited spots available so sign up quickly
3 week session with Stephanie Justice
LOCATED AT BIRCH BOUTIQUE & CINEMA EXTRA HARDWOOD
WEB: WWW.HAMMERFIT.COM ☎ PHONE: 802 878-0444



License to Spend

The Department of Motor Vehicles is already synonymous with really long waits. But even by those standards, an unfolding fiasco inside the Vermont DMV is turning into a painfully drawn out — and expensive — affair.

Fair Game has learned that over the past six years, the Vermont Department of Motor Vehicles has shelled out $18 million for a new computer system that today is barely usable. The launch of the new VT Driver & Registration Information & Verification Enterprise System — VT DRIVES — is three years overdue and millions over budget.

The latest contract extension expires on February 28, and according to DMV Commissioner **ROBERT IDE**, there's no way the system will be ready by that date. Ide says the state may have no choice but sue the company building it, Hewlett-Packard, to recoup the money.

"There's a catastrophic failure within the code as it's written today," Ide says. "Hewlett-Packard is saying that with modifications they can make it work, and we are unconvinced that that is in fact true."

How in heck did DMV spend $18 million with little or nothing to show for it? It's a slightly convoluted story, but Ide insists that the DMV is not to blame.

As Ide recounts, construction on VT DRIVES started in 2006 and was supposed to take three years to complete. The goal was to replace the DMV's 40-year-old computer system with a modern one that updates driver data in real time.

"If a person were to pay a traffic fine online, it would not show up in our records right away. There would be a lag," Ide explains by way of example. "So if you paid your fine and assumed [your license was] reinstated and you went out and you were stopped by law enforcement, that officer would think you were suspended. On-time information is mandatory in today's world."

Hewlett-Packard didn't actually bid on the contract to build VT DRIVES. Rather, it inherited the job from Electronic Data Systems, the company founded by Texas billionaire **ROSS PEROT**, as part of a corporate acquisition. In fact, HP is the fourth company to hold the VT DRIVES contract; each assumed ownership of the job as part of a corporate takeover.

Ide says the new system isn't a total bust. Some parts are usable, such as a program for issuing enhanced driver's licenses. But Ide estimates VT DRIVES is operating at "10 percent or less" of what it was designed to do. That's after DMV paid multiple millions to Hewlett-Packard and its predecessors, plus $1.3 million (almost twice the $750,000 budgeted) to a "quality control" vendor in Colchester and $4.2 million (more than twice the $1.8 million budgeted) for DMV staff time working on the system. Total price tag for the barely operational system: $18 million.

Ide is talking tough, but the state has not initiated legal action. "We're very confident there will be a settlement, and we will get a great deal of that money back — if not all, or more," Ide says. "The State of Vermont feels at this point in time that HP owes us either a system or a great deal of money."

OVER THE PAST SIX YEARS, THE VERMONT DMV HAS SHELLED OUT $18 MILLION FOR A NEW COMPUTER SYSTEM THAT TODAY IS BARELY USABLE.

HP doesn't exactly sound ready to settle. Company media relations manager **ERICKA FLOYR** emailed a two-paragraph statement saying, "The delay is unfortunate; however, it is necessary to deliver a high-quality customized system and to implement additional changes as well as functionality that have been requested by the state."

The statement goes on, "HP is committed to working with the state to achieve the goal of modernizing Vermont's DMV. In order to accomplish this, HP is fully focused on addressing the remaining technical issues, implementing the additional functionality requested and testing the application to bring the project to a timely completion."

A little late for a "timely completion," dontcha think?

Communications Breakdown

For a guy who hired two press secretaries upon taking office, Gov **PETER SHUMLIN** sure has a strong allergy to "communications" people.

As first reported on the *Seven Days* staff blog, Blurt, this week, Team Shumlin nixed plans to hire two communications coordinators — for two different state agencies — and pressured a supposedly "independent" health care reform board to yank an advertisement requesting public relations services.

Shumlin came into office promising to rid state government of the press secretaries that populated agencies under his predecessor, Republican **JIM DOUGLAS**, whose payroll of appointed communications directors topped $400,000. Shumlin appointed two people to handle press for his own office — former WCAX reporter **BIANCA SLOTA** and former Howard Dean aide and *Times Argus* editor **SUSAN ALLEN** — but state agencies did remain largely free of new flacks.

So imagine Fair Game's surprise when we opened the *Seven Days* classified section last week and saw one employment ad looking for a "communications coordinator" at the Agency of Natural Resources and another seeking a "director of communications" at the Department of Tourism and Marketing.

In addition, the Green Mountain Care Board, the panel devising the governor's universal health care plan, has set aside $50,000 to hire a public relations professional to "build public confidence in our process and decisions," and "inform the public of actions of the GMCB."

Asked about the seeming double-standard, Secretary of Administration **JEB SPAULDING** responded swiftly. Very swiftly. In fact, it almost seemed a little knee-jerk.

Spaulding said the governor was "about as angry and frustrated as I've heard him" about the job postings and ordered "the immediate and full stop" to the two agency job postings pending a review. On top of that, Shumlin asked the Green Mountain Care Board to withdraw its bid for public relations help.

"He's made it clear individually and through me to the cabinet on multiple occasions that he does not want PR spin-doctor communicator positions in state government," said Spaulding.

Apparently, some members of Team Shumlin didn't get the memo.

The ANR position paid $38,000

a year and was a classified position, meaning it would have fallen under a union contract. The tourism and marketing job, by contrast, was an "exempt" position — a political appointment — and paid $50,000 a year to someone who could "generate positive tourism-related coverage of Vermont in the national and international marketplace," according to the ad. ERICA HOUSEKEEPER recently vacated the job to take a position at Fletcher Allen Health Care.

Secretary of Commerce and Community Development LAWRENCE MILLER said he approved the tourism communications job without thinking it would be controversial.

"It's not the PR position that I think the governor's thinking of," Miller said. "I certainly think it's a job that ought to be filled. It's not to promote the agency, it's to promote Vermont."

Miller noted that the commerce agency did have an appointed communications director — DAVAMACA — and the position was eliminated. Now, he said, agency staffers are directed to answer questions from the media.

As for the ANR job, Secretary DEB MARKOWITZ insisted it was "an administrative assistant position that is designed to do a bunch of things."

"I completely understand the governor's concern with having government filled with PR positions, and I expect he'll take a step back and take a look at what we're trying to do and we may fine-tune some of the descriptive language," Markowitz said.

Translation: The job will be filled. It just might be called something else.

Human resources commissioner KATE DUFFY is now conducting a review of all jobs in state government that could be considered "communications" positions of the spin-doctor variety. Duffy said the state may even ask for outside assistance from someone with expertise in "good government," such as the Snelling Center for Government.

Putting the kibosh on state job postings is one thing. Asking an "independent" health care panel to follow orders is quite another. After all, one reason the Green Mountain Care Board wanted PR help in the first place was to "develop and communicate a GMCB identity distinct from the State agencies and Legislature." On Tuesday, the GMCB yielded to Shumlin and dropped plans for the PR contract.

Some declaration of independence.

OPINION

The Cost of Democracy

Last fall's four-way race to become Burlington's Democratic nominee for mayor wasn't only the closest in recent memory, it was one of the most expensive.

Candidates TIM ASHE, JASON LORBER, MIRO WEINBERGER and BRAM KRANICHFELD collectively dropped more than $96,000 battling for the few hundred votes that would put them over the top.

In Burlington, candidates aren't required to file campaign finance reports until 10 days before the March 8 election — well after any caucus campaigns are over and too late for most people to fully scrutinize who is bankrolling the candidates.

But in the interest of transparency, Lorber and Weinberger voluntarily made their filings public on their campaign websites. And at Fair Game's request, Ashe and Kranichfeld supplied their fundraising figures. Kranichfeld shared his full report; Ashe gave just the totals.

Weinberger, who overcame Ashe to clinch the nomination in the final round of voting, led the pack, with $42,320 raised and $49,961 spent through the caucus. Lorber, who dropped out voluntarily after a poor showing in the first round of voting, was the second-biggest spender, with $26,386 raised and $21,404 spent. Ashe raised $17,036 and spent $17,352. Kranichfeld was the cheapskate, er, thrifty Yankee of the group, raising $10,479 and spending $7709.

That's a lot of dough for just a few hundred votes. The math? Weinberger spent $76.27 for each of his 655 votes. Ashe's $33 check marks cost him $32.55 per. Kranichfeld paid the least — $21.65 per vote — for his 356.

But Lorber takes the cake. The four-term state lawmaker and stand-up comic shelled out $21,404 for 106 votes — which works out to $201.92 per vote!

Nothing funny about that. ⑦

(Disclosure: Tim Ashe is the domestic partner of Seven Days publisher and coeditor Paula Routly.)

Follow Andy on Twitter
twitter.com/Andy_Bromage

Become a fan on Facebook.
facebook.com/sevendaysvt.fairgame

Send Andy an old-fashioned email
andy@sevendaysvt.com







The Houses That Miro Built: A Read on the "Developer" Candidate's Real Estate Record

BY KEVIN J. KELLEY

Miro Weinberger wants everyone to know He is not "The Donald."

"People think of Donald Trump when they hear you're a developer," Burlington mayoral candidate Weinberger says of the job title the local media has bestowed upon him. But unlike the Republican builder of casinos and luxe cribs for the 1 percent, "my whole career has been about equity issues and green building," says the Democrat who wants to lead Burlington.

"People shouldn't be scared of my candidacy, thinking I want big changes in historic neighborhoods," Weinberger adds during an hourlong interview in the office of his development firm, the Hartland Group, on College Street near the corner of Hungerford Terrace.

But at least a few residents of one of those historic — and expensive — neighborhoods do view a proposed Hartland Group project as Trumpian in the Burlington context.



Miro Weinberger

POLITICS

"I'm not opposed to having housing here, but I'm very concerned about the size of what he wants to do," St. Michael's College professor and poet Greg Delanty says of the proposed 25-unit condo complex that Weinberger has been trying to build for nine years at 237 North Avenue. The nondescript, white brick building, of which the project would make "adaptive reuse," has sat empty for the past couple of years.

Named for an automobile showroom that once occupied the site, Weinberger's Packard Lofts project is also designed to include a street-level cafe and 39 enclosed parking spaces on a less-than-one-acre parcel at the northern end of Lakeview Terrace. With their stunning views of Lake Champlain and the Adirondacks, homeowners on the western side of the street in particular tend to resist developments that threaten to disturb their cozy enclave.

Alan Bjerke, a lawyer living in one of those homes, has led a long legal offensive against Packard Lofts. When Burlington's Development Review Board approved the project, in 2005, he was the attorney who appealed it to the Vermont Environmental Court. Two years later, the environmental court ruled in favor of the project, whereupon Bjerke took the case to the Vermont Supreme Court, partly on grounds the decision did not take proper account of Burlington's municipal plan.

In 2008, the Supremes green-lighted the Packard project, which has acquired all necessary state and local development permits, including Act 250.

Bjerke, a Burlington Democratic insider, did not return messages requesting comment on his bitter-end opposition to the signature Queen City project of his party's mayoral nominee.

Delanty, who lives on nearby Sunset Court, says it's ironic that Weinberger, a public advocate of walkable cities and mixed-income housing, wants to sell two- and three-bedroom condos at "astronomical" prices to two-car households. Weinberger notes that 39 parking spaces are the minimum required under local building regs. To conform with the city's "inclusionary zoning" stipulation, at least 20 percent of the project's condos will be priced within reach of Burlingtonians of moderate means. Prices vary from the low $100,000s for the five "affordable" units, to the mid-$200,000s for more spacious quarters, to about $400,000 for the largest condos.

That the process has stretched out for almost a decade "no doubt adds to the cost of the building," Weinberger says. He's optimistic, though, that ground breaking will finally occur this year. He estimates the likelihood at about 75 percent.

Does the man who would be mayor see a potential conflict in his role as developer of a controversial project? Nope. Weinberger says that because Packard Lofts has already received all local permits, there's no reason to recuse himself from redeveloping a site that functioned most recently as an April Cornell warehouse. He also intends to retain a "minority ownership" stake in the project, explaining, "I don't see why a Burlington mayor should not be a city property owner."

Weinberger defends Packard Lofts as an example of the "New Urbanism" philosophy he propounds. The project's density — three stories in a neighborhood of mainly single-family homes — is appropriate for a lot near the center of the state's biggest city, especially given Burlington's acute need for housing in all segments of the market, Weinberger argues. Bjerke's success in stymieing the project can be seen as illustrative of the candidate's contention at a recent mayoral debate that "it's virtually impossible to build housing downtown." Breaking through that blockage constitutes an important part of Weinberger's vision for Burlington.

His record with the Hartland Group does show a consistent commitment to the New Urbanist style of environmentally sensitive, closely clustered, mixed-income residential development. The projects completed in Vermont and New Hampshire by the nine-year-old firm win plaudits both from affordable-housing advocates and residents of the properties that the Hartland Group helped coostruct.

"We love living here," declares Morris Howard, a 72-year-old retired custodial worker and first resident

ICEBUG
SWEDISH GRIP FOOTWEAR
7 STYLES FOR MEN & WOMEN!
WARM & WATERPROOF!
Ice Bug stud technology — like studded tires for your feet!
Safe, and non-slip features to keep you upright in the iciest conditions
williston workwear
CLOTHING FOR ON THE JOB AND AT PLAY
64 HARVEST LANE, SUITE 20, WILLISTON • 871-5748
WILLISTONWORKWEAR.COM
MON-FRI 9-6 • SAT 9-5:30 • EVES BY APPOINTMENT

of the Salisbury Square project in Randolph. Howard and his 69-year-old wife, Gloria, moved into their new one-bedroom apartment last month. Morris hasn't let multiple sclerosis prevent him from directing the choir at the nearby Green Mountain Gospel Chapel.

The couple and other occupants of the 10 low-rent apartments built so far at Salisbury Square are benefiting from the Hartland Group's work with the Randolph Area Community Development Corporation. The partners redeveloped a former brownfield site, where a furniture manufacturer once operated on the edge of downtown. "It was a difficult project," comments Julie Iffland, director of the local development corporation. "We're a small organization and needed the outside consulting that the Hartland Group provided. We had a really good experience with them."

Weinberger's firm is "gentle about bringing in its outside expertise," adds Kenn Sassorossi, vice president for partner relations at Housing Vermont, a nonprofit builder of affordable homes. The Hartland Group was "very helpful in coming up with a strategy" for redeveloping the Swent-Comings furniture mill in Richford, Sassorossi says. Weinberger's work on the mixed-use project — which includes a health clinic, grocery store, offices and subsidized rental apartments in a poor Franklin County town — leads Sassorossi to say, "I would unhesitatingly recommend the Hartland Group as folks to consider for small organizations undertaking community development projects."



COURTESY OF THE HARTLAND GROUP

South view of the proposed Packard Lofts



East view

Weinberger and his Hartland partner, Charles Lief, also managed to build 120 mixed-income apartments and condos in 12 buildings on a 21-acre wooded site in Hanover, one of New Hampshire's most upscale towns. This Gile Hill development adjoining Dartmouth-Hitchcock Medical Center is home to orderlies as well as to the hospital's head of surgery, Weinberger points out. Gile Hill took two years to move from permit applications to the start of construction — a hare's pace in comparison to the tortoise crawl of multiunit housing development efforts in Burlington.

The Hartland Group gets props as well from James Sturm, cofounder of the Center for Cartoon Studies in White River Junction. He gave Weinberger and Lief their first paid gig: writing a formal business plan for the center in 2004. "They were very generous in what they charged me," Sturm recalls. "They were great to work with — really professional in all respects."

Weinberger and Lief started the group in 2003 after collaborating for four years at the Greyston Foundation, a Yonkers, NY.-based community development initiative with a national reputation as a pioneer of inner-city entrepreneurial projects. Weinberger became vice president for capital projects at Greyston, which established a Yonkers bakery that employs 65 locals who produce brownies for Ben & Jerry's.

Greyston is a Buddhist organization founded by Bernie Glassman, and Lief, who has a national reputation as a community developer, is a practicing Buddhist. Weinberger himself, however, identifies as a plain Jew, not a "Jew-Bu."

His father, Michael Weinberger, worked for many years as an all-purpose architect in Woodstock, Vt. "My dad would drive me around to look at projects, so, yeah, I suppose that was a big influence on me," Miro muses.

Baseball was influential, as well. Weinberger was the starting second baseman on the Woodstock Union High School team that won the state Division II championship in 1987. He spent the summer prior to his sophomore year at Yale University writing a series of columns for the Upper Valley's *Valley News* about 26 Major League stadiums. "It was the best summer of my life," Weinberger reflects. "I learned that not every ballpark is like Fenway; that context matters a great deal in how a project is perceived."

In one-on-one conversation, Weinberger, 41, shows little of the awkwardness that he displays when he has to speak in public. "I could never tell if he was sincere," Delanty says in assessing Weinberger's performance at the many meetings relating to Packard Lofts.

Some Burlington liberals and Progressives also seem to distrust Weinberger due to his affluent, Ivy League background. These skeptics suggest he has trouble understanding the perspectives of working-class Burlingtonians.

Whether or not it qualifies as "noblesse oblige," though, Weinberger does have experience in seeking to improve the circumstances of poor people. In the 1990s, he worked on two separate occasions with Habitat for Humanity in rural Georgia and Florida, acquiring carpentry skills while building homes in African American communities. The stint in Americus, Ga., left an especially strong imprint on Weinberger's social conscience.

Along with scores of other volunteers, he worked for five weeks building a house for a local couple who had been living in what Weinberger describes as "an absolute hovel." The completion of the new home was accompanied by a community celebration that Weinberger recounts with a smile and a flash of excitement in his dark eyes. "That brought a big awareness to me," he says. "It made me understand that if housing can be fixed, so can a lot else in someone's life." ⑦

Juniors
ITALIAN
Warm Up from the Inside Out!
Burlington (Downtown) 176 Main Street Pizzeria / Take Out Delivery 862 1234
Colchester (Exit 16) 20 South Park Drive Pizzeria / Take Out Delivery 655 1500 Casual Fine Dining Reservations 655 1000 The Bakery 655 1202
Gift Certificates, Weight Cards & G.C. Cards Accepted
www.juniorsvt.com

Winter Dress Sale
All Dresses
20% OFF
January 19th 22nd
Ecco Clothes
81 Church Street
Burlington | 860 2220
eccoclothesboutique.com

Chicken to Go? "Beefman" Bids on Vermont's Mobile Poultry Slaughterhouse

BY KATHRYN FLAGG



Mobile slaughterhouse

PHOTOS: COURTESY OF BITTERROOTAG



Inside mobile unit

AGRICULTURE

In the market for a slaughterhouse? Apparently, you're in good company: Last week the website Auctions International logged 241 bids for the sale of Vermont's only mobile poultry processing unit.

Think "Pimp My Ride" gone to the birds: Custom designed and built for the state in 2008, the 36-foot trailer comes with kill cones, an eviscerating trough, turkey broiler shackles and a giblet station, to name a few features.

The bidding maxed out on Friday evening at $61,000 — 63 percent of the $93,000 purchase cost in 2008, when the state pooled $85,000 in legislative funding with private foundation money to buy the unit.

Why, then, is the Vermont Agency of Agriculture, Food and Markets unloading the trailer after just three seasons on the road?

That's always been the plan, according to Chelsea Bardot Lewis, the agricultural development coordinator for the ag agency.

"We were able to create some demand [for the service] and show how a situation like this could work, which will hopefully be motivation to entice an entrepreneur to take it from here," Bardot Lewis said.

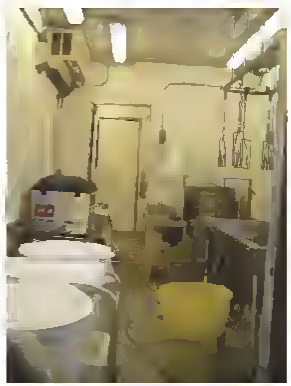
"If I was a little younger, I'd buy it myself," chimed in Randy Quenneville, the chief of meat inspection for the agency.

At press time, the VAAFM hadn't yet released the identity of the highest bidder — who went by the name "beefman" on the online auction site — or whether the agency would accept the bid, which it reserved the right to refuse.

But it marks a new era for this local agricultural experiment. The trailer hit the road in 2009, when the state leased the unit to George Eisenhardt for $9300 a year. Eisenhardt towed the trailer to farms around the state, where he and an assistant slaughtered, plucked and packaged local birds.

Eisenhardt has since decided to shut down his business, Spring Hill Poultry Processing. Rather than find a new operator to lease the unit, the state opted to put the trailer on the market. Private ownership, Bardot Lewis said, will be better in the long run for the care, maintenance and success of the trailer.

At an open house for the auction last week, Bardot Lewis and Alison Kosakowski, the marketing and promotions administrator for the ag agency, were bundled up against the cold in the otherwise deserted state office complex parking lot in Waterbury. A few prospective buyers poked around the trailer.



Scald tank? Check. Feather plucker? You got it. Might it be retrofitted to handle small ruminants, such as goats or sheep? The answer, from Quenneville, maybe.

Last year, the mobile slaughterhouse processed 18,000 birds. Running at top capacity, butchers can slaughter as many as 250 birds in one day.

Traffic was light at the Wednesday open house — perhaps, Bardot Lewis suggested, because many potential buyers are poultry processors who have already seen the trailer in action.

Those included Paul Feenan and Tucker Andrews, who stopped by to check out the trailer on behalf of their employer, the Vermont Youth Conservation Corps (VYCC). The corps used the mobile slaughter unit last year in its farm program for high school students, and the two men said they want to make sure it remains an option.

Before the trailer hit the road, many local poultry growers slaughtered alone on the farm. The few Vermont slaughter facilities that handled birds were either working at capacity or shutting their doors to outside customers.

"The market is there," Quenneville said. "When you butcher on the farm, you can sell to your neighbors and you can go to the farmers markets, but it still really restricts your growth."

A state-funded meat inspector supervises every slaughter on the mobile poultry unit. As a result, the birds it processes can be sold wholesale or to retail grocery stores. It also permits farmers to sell chicken parts, such as wings or breasts, and increases the 1000 bird annual limit imposed on farms with uninspected slaughter facilities.

Last year, the VYCC exceeded that number — plus, the program wanted to send some of its chickens to Vermont food shelves. That meant the

CHICKEN TO GO? » P 20

news

EXCERPTS FROM BLURT, THE SEVEN DAYS STAFF BLOG

Miro Worship: An Ode to Weinberger

BY DAN BOLLES

To our knowledge there has never been an original music video made in support of a Vermont candidate for any office at a town, state or federal level — though why "Bernie and the Jets" doesn't exist yet is beyond us.

That all changed today when Nate Orshan — aka Nato — threw his musical weight behind the Democratic candidate in Burlington's mayoral race, Miro Weinberger, with a song and video called 'Let's Go Miro.'

In just under three catchy-as-hell minutes, Orshan espouses Weinberger's various virtues, including that he's a "Green Mountain Boy through and through," has "mad negotiation skills" and will "get with our creditors and sort out all our bills." High praise.

Orshan's song clearly puts pressure on supporters of the other two mayoral candidates, Kurt Wright and Wanda Hines, to come up with their own songs. We did a little brainstorming around the 7D office and came up with a few suggestions based on some classic-ish tunes. ⑦

Read 'em — and add your own ideas — on Blurt

To read the full stories go to sevendaysvt.com



State Releases Results of First-Ever Survey of Vermont Medical Marijuana Patients

BY KEN PICARD

There's tasty green bud in them thar hills and the Green Mountains' medical marijuana patients are smoking it, using more than 90 strains as diverse and colorfully named as a Benjamin Moore palette. White Widow, Strawberry Ice, Pink Fusion, Tangerine Dream, Grape Ape, Pineapple Express, Dutch Passion and Barney's Farm Red Cherry Berry, to name a few.

The same 2011 law that authorizes state-run medical marijuana dispensaries in Vermont mandated that the Vermont Department of Public Safety survey the state's 411 registered medical-marijuana patients. The main purpose was to get a handle on what they're using, how much they're paying for it and what they'd be willing to pay for it.

A total of 209 responded. Released January 9, the report provides the first glimpse of an otherwise invisible population of chronically ill patients whose identities, medical conditions and locations are protected by strict confidentiality laws. ⑦

7 Questions for ... "Survivor" Sophie Clarke

BY SARAH HARRIS



COURTESY OF JEFFREY BOSTON/CBS BROADCASTING, INC.

Sophie Clarke is tough and smart. That's what it took for the 22-year-old medical student and recent Middlebury College graduate from Willsboro, N.Y., to win 'Survivor: South Pacific." Sophie endured 39 days in grueling conditions and bested 16 other competitors to come away with a million-dollar prize. She told *Seven Days* what it was like.

SD: How much surviving did you actually do?

SC: Our days out there are spent thinking about where we'd get food and firewood. There's no trickery behind it. I had people come up to me and be like, 'Where was the hotel?' And it's like, *Are you kidding?* The survival part impacted my life the most and was most memorable, not the strategy part. ⑦

Read the rest on Blurt.

Make your Valentine's Day spicy...
Hobo wallet and bag sale going on now!
SWEET LADY JANE
Mon-Sat 10-8, Sun 11-6
40 CHURCH STREET BURLINGTON
862 5051 SWEETLADYJANE.BIZ

OTTER CREEK
Awnings • Sunrooms
Custom Closets
January is
Get Organized Month
Custom Closets, Pantries, Garage Systems
Laundry Rooms, Mudrooms, Entertainment Centers
Free Estimates! Call (802) 864-3009 www.OtterCreekCustomClosets.com

MASTER YOUR FUTURE
with Champlain's Online Mediation & Applied Conflict Studies Master's Program
• PROJECT-BASED LEARNING. Apply graduate level knowledge immediately into your workplace
• MULTIDISCIPLINARY MASTERY. Focus on the four fundamental competencies of conflict resolution
• PRACTITIONER-FACULTY. Established leaders in the field with a broad range of real world experience.
• RESPECTED DEGREE. Champlain College has been providing quality education since 1878
To Request an Information Packet
CALL 1-866-282-7259
CHAMPLAIN COLLEGE Graduate Studies
EXPERIENCE
go.champlain.edu/mem

Nemesis Brings a 1930s Adventure Story to Stage, and Sludge Monsters to Earth

By Lindsay Westley

Theater audiences can't help but shift to the edge of their seats when they hear these four sounds: *Thump ... thump ... thump ... creeeeeeeeeeeeak*. The combination conjures up images of castles, Igor and ominous wooden doors with deadbolts, doesn't it?

That's exactly what Foley, or sound-effects, artist Buzz Moran will be counting on in an upcoming performance of *The Intergalactic Nemesis* at Burlington's Flynn Center For the Performing Arts. Originally a live radio play in Austin, Tex., and now a touring stage show, *Nemesis* is billed as a live-action graphic novel. The sci-fi story, set in 1933, features a reporter and her assistant, a mysterious librarian, and sludge monsters from the planet Zygon that are, of course, threatening planet Earth. Hence the "intergalactic nemesis."



The Intergalactic Nemesis

The show is performed with three stationary actors, one keyboard player and one Foley artist. The stage backdrop features more than 1000 hand-drawn comic book images projected in high def.

The projections set the visual scene, but *Nemesis* isn't a play or a film, so it also depends on a symphony of Moran's sound effects, created on stage by Cami Alys. A trained musician, Alys uses "instruments" for the performance that fill two 8-foot tables, travel in military-grade suitcases with special foam cut-outs for each object and include slide whistles, plastic baby books, and boxes of mac-and-cheese (add a whistle, and you've got a surprisingly realistic speeding freight train).

Moran and *Nemesis* creator Jason Neulander started making the sound effects in 1996, when their radio play was often performed live in coffee shops around Austin. In the beginning, Neulander and his cowriters were so enthusiastic about the sound effects that they frequently "wrote in everything including the kitchen sink, and then I'd have to find a way to create it," says Moran.

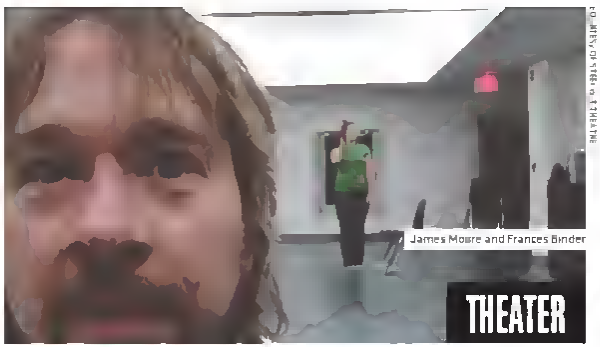
These days, they've pared the sounds back to a more manageable frequency, abiding by George Lucas' decree to "only use sound effects when they further the audience's imagination." So you won't hear every single whir and hum mentioned in the script, but keep an eye — or, an ear — out during the performance for thunder sheets, a "creak box," shoes traversing various surfaces, cinderblocks and balloons. And, thanks to the staging of the show — Alys will be in the spotlight as much as the three actors — you'll

Dance-Theater Piece Explores Communication, Facebook and the Beauty of a Handwritten Letter

By Megan James

With more than 800 million active users on Facebook these days, it's remarkable to find someone without a profile. Frances Binder, cofounder of Burlington's Steel Cut Theatre, is one of those people. And, as if that weren't rare enough, the 33-year-old also writes real letters, regularly.

Her creative partner, James Moore, 36, on the other hand, spends a fair amount of time on Facebook, and regrets that he doesn't write letters more often. Does Binder's decision to opt out of the world's largest social network make her any closer to, or more distant from, her friends and family than Moore is to his?



James Moore and Frances Binder

That question is at the heart of Binder and Moore's newest performance piece, *near/far*, which premieres this weekend at Burlington Dances. In this era of incessant virtual communication, the duo asks through movement and text, "What keeps us close? What holds us away? And how do we choose?"

Binder and Moore moved from Portland, Ore. — where they codirected defunkt theatre — to Vermont about two years ago. They debuted at Burlington Dances last March with Will Eno's one-man show *Thom Pain (based on nothing)*. "We like pieces that leave the audience with something to talk about in the end," says Moore. The name Steel

probably be able to watch most of those objects in action.

"Sound definitely plays a big role throughout, and in some ways it really becomes a character in its own right," says Neulander. "Just the noise of two cinderblocks rubbing together can evoke the opening of a secret passageway door so convincingly that it transports you there immediately."

> SOUND DEFINITELY PLAYS A BIG ROLE THROUGHOUT, AND IN SOME WAYS IT REALLY BECOMES A CHARACTER IN ITS OWN RIGHT.
>
> JASON NEULANDER

Some of the sound effects, such as the rosin-coated clothesline that creates the creak, are part of any good radio artist's toolbox, while others are handmade or everyday objects found by Neulander or Moran.

"I'm not always consciously looking for a specific sound, but if I go to a store to buy a Thermos, I'll pick them all up and knock on them to see what they sound like," Moran says. "If I'm going to buy a metal bowl, I want to be sure I'm getting a nice-sounding metal bowl, you know?"

As a result, Moran's house is packed with surplus kitchen utensils, kids' toys and other devices that evoke particular sounds he's storing away for future inspiration. The objects themselves are critical to the sound created onstage, but equally important are the timing and intensity with which they're played. When training to take over for Moran, Alys had to learn not only when to activate the object, but also how intensely to play it.

"There's a definite crescendo and decrescendo for each sound, and the more shows I do, the more sensitive I am to the dramatic arc," she says. "And, like any actor, you build up a relationship with the audience that affects how you perform each night."

Laughing, Alys adds, "I love using the thunder sheet, because the volume and intensity of it really takes people aback. I hold the sheet with both hands and use my whole body to put a lot of character into it; it's spectacular and ominous and a great opportunity to set up some comic fear in the audience."

"Sometimes it's important to just have an escape," Neulander told National Public Radio's Margot Adler on "All Things Considered" last Thursday, January 12. "In the times we are in, it really can't hurt ... to go on a pure, unadulterated adventure." ⑦

The Intergalactic Nemesis. Thursday, January 19, 7:30 p.m. at Flynn MainStage, Burlington. $15-35. flynntix.org

Cut, of course, refers to oatmeal, which "sticks to your ribs."

The couple explains that *near/far* is a nonlinear melding of dance and theater, with text culled from letters, Facebook posts and emails.

"We went into [developing the piece] with a bias toward letter writing," says Moore, adding, somewhat sheepishly, "I'm sure that every time I talk about this [show] to my mom, she's like, *When was the last time I got a letter?*"

Still, Moore and Binder consider handwritten letters the gold standard when it comes to communication. Which is why they were surprised to find some equally compelling material for *near/far* when Moore posted a simple request on his Facebook wall. "We need lines for our show. Go!"

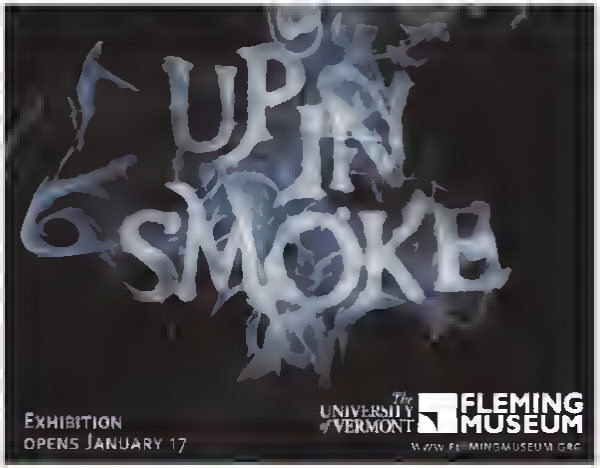
Not only did interesting and playful posts rush back at him, but his aunt saw his post and wrote him a long, thoughtful email. "This was a very personal, very moving message," he says. And it wouldn't have happened without his initial Facebook post.

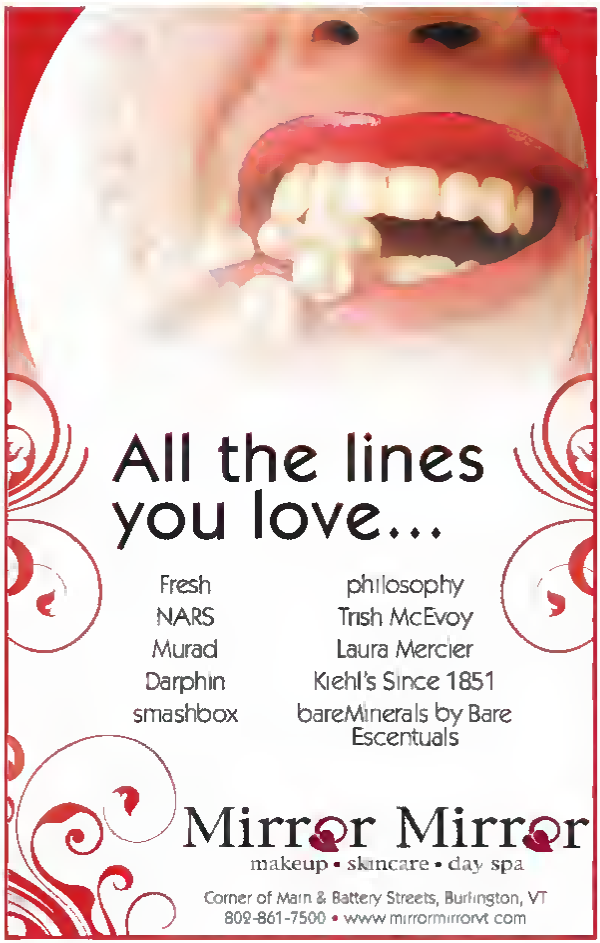
So don't expect a diatribe against social networking. "We didn't want to turn it into a piece where we hand everybody in the audience a pen and a paper and say, 'Write to your mom,'" says Moore.

Has anything changed about the duo's own communication habits since they began working on this show?

"I think a little more before I put my headphones on when I walk downtown," says Moore. And, when he and Binder ask each other for a line during rehearsals, "We say thank you more." ⑦

near/far by Steel Cut Theatre. Friday and Saturday, January 20 and 21, at 8 p.m. Sunday, January 22, at 2 p.m. at Burlington Dances in the Chace Mill. $10. steelcuttheatre.com





Introducing...

...the STOWE EXPRESS
A twice-weekly bus
from Burlington to
Stowe Mountain Resort
on Wednesdays and
Sundays for ONLY $59
(including lift ticket
AND motorcoach!)

Go to www.Classicskitours.net and choose STOWE EXPRESS to reserve your seat, date and pickup location!

FREE CERVICAL CANCER SCREENING

Full Women's Wellness Exam (for the uninsured/underinsured)
Pap Tests Women 21 and up as appropriate
Breast Exams And referrals to mammograms if needed
Heart Health Screening
HPV DNA test and HPV vaccine where appropriate
Childcare and food provided for free. Transportation arranged, if needed

Saturday, January 28th, 2012

9am - 1pm | Planned Parenthood - Burlington Health Center
163 St. Paul Street | Burlington, VT 05401 | 1-800-508-2222

9am - 1pm | Planned Parenthood - Newport Health Center
79 Coventry Street | Newport, VT 05855 | 1-800-508-2222

9am - 1pm | Planned Parenthood - Rutland Health Center
6 Roberts North | Rutland, VT 05701 | 1-800-508-2222

Call to make an appointment. Walk-ins welcome.

For deaf and hard-of-hearing individuals, please use VT relay service 711 and give our extension: 1-800-508-2222.

Planned Parenthood
THE HOWE FOUNDATION
Ladies First

The Howe Foundation is a Burlington-based non-profit dedicated to eradicating cervical cancer

Chicken to Go? « P16

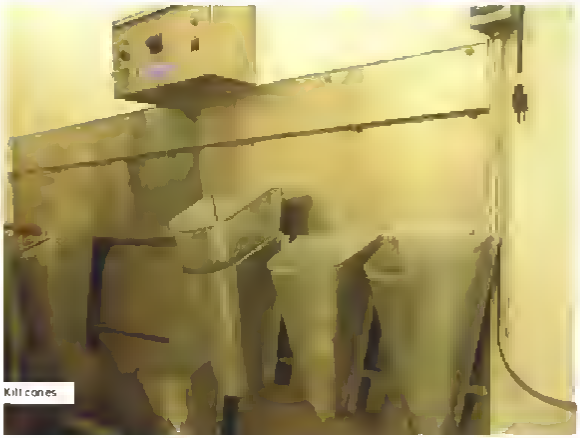
birds had to be butchered in a state-inspected facility. Enter the chicken mobile.

How, exactly, did a bunch of high schoolers react to a slaughterhouse on wheels? Andrews chuckled. "Some of them were a little grossed out, I would say. Some of them were really fascinated by it ... We had one vegetarian on the crew, and he passed a couple of birds in without a problem."

unit allows them to sell their poultry to retail stores, with the added benefit of a state inspector's stamp of approval on the final product.

"I think it just says something about your commitment to quality, and that's something that's important to us," Bennett said.

Robb and Bennett said that, in general, the lack of slaughter facilities is a problem for Vermont farmers. An increasing number of small, diversified farms are interested in slaughtering animals, and there aren't enough



Kill cones

THE 36-FOOT TRAILER COMES WITH KILL CONES, AN EVISCERATING TROUGH, TURKEY BROILER SHACKLES AND A GIBLET STATION, TO NAME A FEW FEATURES.

Back at the open house, Lila Bennett and Dave Robb of Middlesex's Tangletown Farm stopped by for a look. The couple said demand is high among their customers for chicken, and especially chicken parts, so they're interested in increasing the number of birds they raise. Bennett and Robb lease their farm, so building a permanent slaughtering facility doesn't make financial sense for them. The mobile

processors to do it. The issue? Butchers are aging, and so are slaughter facilities. New slaughterhouses are expensive to build and difficult to permit. And, according to Bardot Lewis, the agency has heard, again and again, that meat processors have a hard time finding workers and turning a profit.

Still, there's growing interest in the industry. When the Agency of Agriculture put out a call for grant applications for meat-processing projects, applicants poured in asking for more than $200,000 in funding, reflecting more than $2 million in potential total project costs. The state could only dole out $50,000, and will announce the grant recipients soon. If the ag agency accepts the bid on the poultry unit, it will reinvest that money into the struggling meat-processing industry.

That's good news for farmers such as Robb and Bennett, who are frustrated by the lack of available processing facilities. Without the mobile unit, they'd have to ferry their fowl two and a half hours to an inspected slaughterhouse.

"Which isn't really convenient at all," said Robb. "It's not even reasonable." ⑦

Vermont Documentarians Want to "Wake Up" Audiences — One at Sundance

Film

By MARgOT HARRiSOn

Two Vermont filmmakers could generate a lot of buzz at the Sundance Film Festival, which starts Thursday, January 19, in Park City, Utah.

On the narrative side, Burlington's **Colin Trevorrow** is preseating his directorial effort *Safety Not Guaranteed*, a romantic comedy about a loner who may or may not be building a time-travel device. Indie favorites Aubrey Plaza and Mark Duplass star.

Then there's the new documentary from Waitsfield resident **Eugene Jarecki**, who won Sundance's Grand Jury prize in 2005 for his look at American militarism, *Why We Fight*. In *The House I Live In*, which premieres this Saturday at Sundance, Jarecki takes on an equally daunting topic: the war on drugs.

To get a grip on the phenomenon, Jarecki gathered footage in 25 states, he says in a phone interview — including Vermont, where he talked to a Burlington defense attorney and private eye working a drug-related case.

"Members of our staff described our project as the No Stone Unturned project," Jarecki says. His objective was to cover all aspects of this fierce domestic conflict: drug users, law enforcers and experts who weigh in with commentary. First and foremost, Jarecki says, "the film is driven by human stories, by the everyday lives of people who are affected by this system."

One of those stories involves Jarecki personally. In a recent interview with Indiewire, the director explains how a lifelong connection with the family of Nannie Jeter, his childhood caretaker, gave him a window on struggles that seem distant to many white Americans.

The House I Live In is "the first movie I've appeared in in any way," Jarecki tells *Seven Days*. "I didn't become involved in the war on drugs as an academic matter. I became involved because I saw what it was doing to people I cared about." The film, he says, "allowed me to get out there and see them as particular stories in a universal picture, a haunting universal picture."

After the 2008 financial collapse, makers of documentaries, even prize winners, struggled to find big-screen distribution. Does Jarecki see that changing?

"The movie business is in a state of internal turmoil about who it is," says the director. Because "large, usually quite vapid, spectacular films" dominate the market, he notes, "seriousness as part of what Hollywood thinks it's selling has been on the ropes for some time." Studios, Jarecki says, tend to look at films in terms of their potential to sell tie-in products. "I don't think they're going to feel that excited about making an action figure out of the war on drugs."

But the recent wave of activism typified by the Occupy movement has whetted audiences' appetite for fact-based fare, Jarecki suggests. "People are increasingly coming to understand that the American system is deeply, deeply broken," he says. "That big wake up in vigorates interest in documentaries."

> I DIDN'T BECOME INVOLVED IN THE WAR ON DRUGS AS AN ACADEMIC MATTER; i became involved because i saw what it was doing to people i cared about.
>
> EUGENE JARECKI

Burlington filmmaker **Sam Mayfield** has been documenting that same "big wake-up." When protests erupted in Wisconsin last March, Mayfield, 35, was there with her camera, getting footage for progressive media outlet the UpTake. She ended up traveling between Burlington and Madison for seven months, contributing reports to "Democracy Now!" and Burlington-based *Toward Freedom*. In June, she filmed her own arrest.

Now Mayfield is using Kickstarter to try and raise $40,000 to turn her footage into a feature documentary, *Wisconsin Rising*. At press time, she had nearly $31,000 and four days to go.



COURTESY OF MARK HAYES, ST

Sam Mayfield

COURTESY OF MARK HAYES, ST

Eugene Jarecki

kickstarter.com/projects/385001342/wisconsin-rising

In 2010, Mayfield directed "Silenced Voices," a 26-minute doc about migrant farmworkers that has screened widely in Vermont. She undertook the bigger Wisconsin project, she says in a phone interview, because "I was really aware that I had footage that other people did not have."

Among the moments she caught on film were the senate passage of Gov. Scott Walker's controversial "budget repair bill", an activist chaining herself by her neck, protesters being borne away in handcuffs, and activists camping Madison streets in a tent village they called "Walkerville" (like the Depression Hoovervilles). "People took over blocks of the downtown capital area. They turned it into family vacations — they were really, really well organized," says Mayfield, who sees those gatherings as a clear inspiration for the Occupy movement.

Mayfield also interviewed the activists, who ranged from janitors to geographers to political analysts. "I felt it was my responsibility to keep this story in the news," she says. "After the huge Michael Moore rallies were over, the mainstream press went home."

TV stations offered to buy some of Mayfield's footage, she says, but "I really want to fund this myself and maintain editorial control." In addition to fundraising on Kickstarter, she'll apply for grants to fill out her estimated $200,000 budget.

"My hope is to stay focused on this project and not pick up other jobs to support myself," Mayfield says. She'd like to release *Wisconsin Rising* when it can have the most impact — in the run-up to the presidential election.

KLMOUNTAINSHOP.COM
VERMONT'S ONLINE OUTERWEAR SPECIALISTS



Photo: Gabe Rogel/Marmot

DROP IN
TO THE IT'S FINALLY WINTER SALE
Free shipping with one day local delivery
Get a free tee with warehouse pick-up

SAVE UP TO 40% OFF YOUR FAVORITE OUTDOOR BRANDS

patagonia
Marmot
MOUNTAIN HARD WEAR

2613 SHELBURNE RD, SHELBURNE VT / 877.284.3270

20% OFF THE TOTAL
when you book 3 services
in one visit at the mini spa!
(Per person/per visit.)



No Service Over $50!

TOOTSIES
SHOE BOUTIQUE & MINI SPA

Always Affordable & Adorable
Open Daily • 192 College St
658-6006 • tootsiesofvt.com

Since 1963
Earl's Cyclery & Fitness
"Your Home Fitness Headquarters!"

Save Time, Save Space!



Folding Treadmills from $999.99

We Build It, We Deliver It, We Service It.

2500 Williston Rd. - South Burlington
802-864-9197 - www.earlsbikes.com

WHISKEY TANGO FOXTROT

We just had to ask...

Why does the Burlington Beltline close so often?

BY KEN PICARD



KEVIN CAHILL

If you routinely drive to and from Burlington via Route 127, you've probably encountered, at some time, a police roadblock diverting traffic to North Avenue. Rather than relaxing into your daily dose of Vermont Public Radio as you sail along a scenic stretch of the Winooski River at 50-plus miles per hour, you're forced to creep along the ave at a snail's pace. Meanwhile, you wonder what awful accident might have caused this unwanted detour ... again.

Envisioning a crash on 127 doesn't exactly require a vivid imagination. The Burlington Beltline, as the artery running between Manhattan Drive and Malletts Bay is also known, is notorious for speeding and accidents. This is especially true in winter, as evidenced by the sections of chain-link fence that drivers take out on a near-weekly basis.

One particularly problematic spot is the S-curve adjacent to the Ethan Allen Homestead, where the highway narrows from four divided lanes to two undivided ones. Sometime in the last year an accident investigator spray-painted skid marks across the asphalt leading to a still-missing section of guardrail. Presumably, those lines delineate the trajectory of the poor sucker who failed to negotiate the tight turn, went airborne and ate a mouthful of air bag.

Less than a quarter mile north is the spot where, in 2010, two motorists were killed in a tragic head-on collision. That accident was later blamed on a distracted driver who inadvertently veered across the double yellow line into oncoming traffic.

On January 5 this year two people landed in the Fletcher Allen emergency room after being struck by a car that skidded on black ice — just as emergency crews were clearing an earlier accident. One of the injured was the driver involved in the first crash, who'd lost control of her car on that same patch of ice; the second victim was her husband, who had just arrived to pick her up. Luckily neither injury was life threatening.

Burlington police have already logged three Beltline accidents in 2012, including one caused by a dog wandering loose on the road.

"The Beltline is something we regularly close down," confirms Andi Higbee, deputy chief of operations for the Burlington Police Department. "Even after the salt gets laid down by public works, it still takes a good 20 minutes for that stuff to start working."

WTF? Why does the Beltline have to close so often? Is this four-mile stretch of highway that much more accident prone than other Vermont roads? Or is it just more *noticeable* when police shut down a major artery in and out of the city?

The answer is some of both. In 2011, the Burlington PD documented 32 accidents on the Beltline, including seven that resulted in injuries. In 2010, there were 19 accidents, including three resulting in injuries or deaths. Those stats don't earn Route 127 an official "death trap" designation but only because the Vermont Agency of Transportation (VTrans) prefers a more sanitized term: HCL, or high-crash location.

HCLs are determined by the total number of crashes, not their severity. VTrans' most up-to-date statewide list of HCLs covers 2003 to 2007. The list only includes roads eligible for federal highway aid, which means that smaller but equally dangerous town roads may not appear there.

We won't wade into the formula VTrans uses to calculate the "actual/critical ratio" — the figure that determines which roads and intersections are Vermont's most accident intensive. Suffice it to say that one stretch of the Beltline, between mile markers 1.3 and 1.5, ranked second worst in the state. Yikes!

In fact, on the 2003-07 list of 131 high-crash locations in Vermont, the Beltline appears *five times*. One section — the southernmost intersection where the Beltline meets Manhattan Drive — had Vermont's fifth highest "severity index," or highest average cost per crash. This designation, too, comes from a complex formula that factors in such variables as average daily traffic volume, monetary losses per injury or death, and overall property damage suffered.

Nonetheless, Department of Public Works director Steve Goodkind downplays the Beltline's wreckage rate. Why? He suggests that the perception of frequent closures reflects the fact that Beltline detours are more obvious to drivers than, say, the closure of a single lane on Battery Street. Moreover, Goodkind points out that the Beltline is, by far, Burlington's fastest-moving road, which means that "when you do have an accident, it can often be more severe and lend itself more to the need to close the road."

BPD's Higbee confirms that the police are more inclined to shut down the Beltline entirely than to allow traffic to creep by an accident scene because closure is safer for emergency responders. And unlike the Queen City's other accident prone spots — notably the Shelburne Road rotary and the intersection of Pearl and Prospect streets — the Beltline is relatively easy to close, because it's a limited-access highway with a good alternative route.

Still, is there something inherently problematic in the Beltline's design? Does it need reengineering? Goodkind says no.

"What's problematic," he suggests, "is when people are driving too fast [and] not driving for the conditions." ⑦

Outraged or merely curious about something? Send your burning question to wtf@sevendaysvt.com.

Naturopathic Medicine: Individualized Medicine for Individuals

Naturopathic physicians combine the wisdom of nature with the precision of modern science and cutting edge laboratory analysis to provide comprehensive, holistic medical prevention and treatment.

By using treatments that minimize the risk of harm, naturopathic physicians treat the cause of illness to facilitate the body's inherent ability to restore and maintain optimal health.

Most Insurance Accepted Including Worker's Comp, Personal Injury and Medicaid

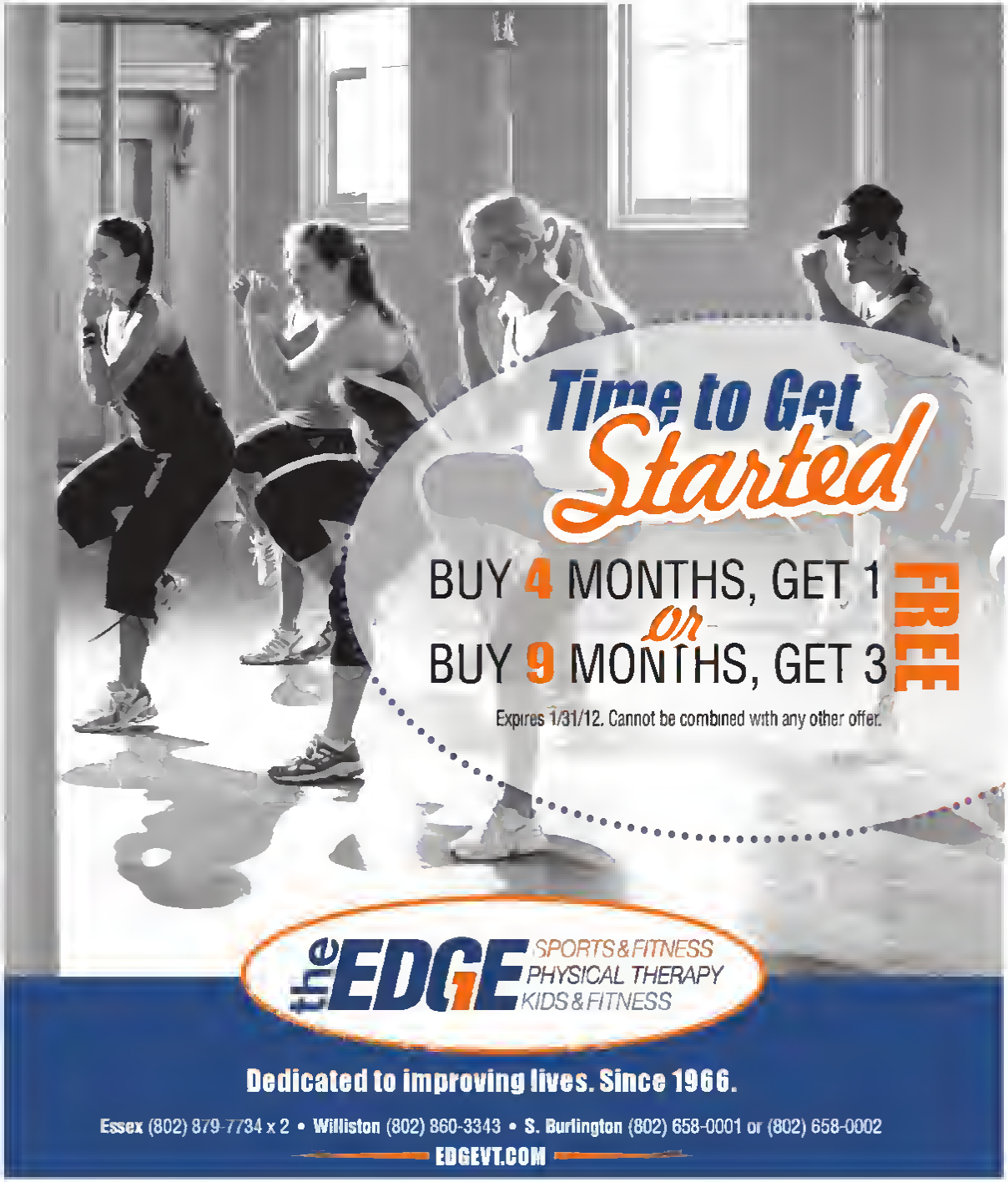
Primary Care, Musculoskeletal Medicine, Integrative Oncology, Acupuncture

802-448-3388
www.NaturopathicVermont.com

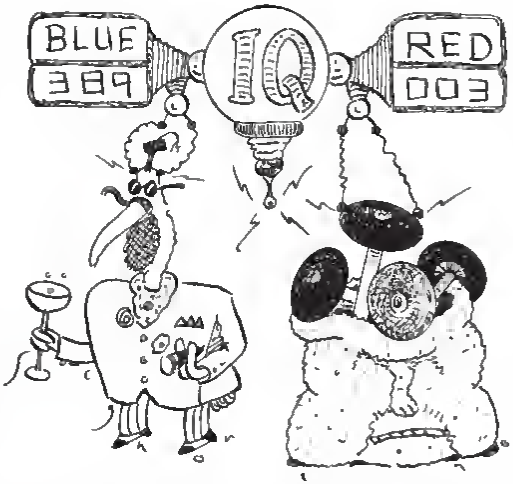
Vermont Naturopathic Clinic
41 IDX Drive, Ste 220, So. Burlington, VT 05403

Dr Sam Russo ND, LAc
Dr Amy Littlefield ND, LAc
Dr Michael Stadtmauer ND, LAc




Time to Get Started
BUY 4 MONTHS, GET 1 FREE
or
BUY 9 MONTHS, GET 3 FREE
Expires 1/31/12. Cannot be combined with any other offer.
the EDGE
SPORTS & FITNESS
PHYSICAL THERAPY
KIDS & FITNESS
Dedicated to improving lives. Since 1966.
Essex (802) 879-7734 x 2 • Williston (802) 860-3343 • S. Burlington (802) 658-0001 or (802) 658-0002
EDGEVT.COM

Dear Cecil,
Is there a difference between red (Republican heartland conservative) states and blue (Democrat coastal liberal) states in terms of IQ? The Republicans certainly seem dumber than a bag of doorknobs — for example, any of the current batch running for president. The Democrats seem smarter, if just as crooked. For the record, I'm a registered independent.
Arthur Weissman



We need to talk about this.

Your columnist lives in a reliably blue state, Illinois, widely acknowledged as the closest approximation yet to paradise on earth. He happily subscribes to the notion that blue-state illuminati are superior to red-state Neanderthals in almost every way. Urban theorist Richard Florida nicely summarized this attitude last year in the *The Atlantic*. I quote: "Conservatism, more and more, is the ideology of the economically left behind. Liberalism ... is stronger in richer, better-educated, more diverse, and, especially, more prosperous places."

I'm confident it could also be shown that blue-staters are funnier, better looking and have more frequent and satisfying sex.

However — and here I must be frank — I'm compelled to say that when we stray into questions of intelligence, the more enthusiastic proponents of blue-state supremacy are taking the argument over a cliff.

Let me make it clear: I'm not talking about Internet punditry or what passes for it — for example, widely circulated claims that virtually every state that voted Democratic in the 2000 presidential election had above-average IQs, whereas most of the Republican states were below. Published among other places in the seemingly respectable *Economist* magazine, this congenial tale was later shown to be a hoax.

No, I mean the ongoing efforts in the scholarly journals to show not just that red-state denizens are stupider than blue-state folk, but that they, and conservatives in general, suffer from debilitating psychological impairments, whereas liberals with their nimble intellects, are advancing the evolution of the human race.

For example, in a 2009 article in the journal *Intelligence*, psychologist Lazar Stankov argues that "conservatism and cognitive ability are negatively correlated... At the individual level of analysis, conservatism scores correlate negatively with SAT, vocabulary and analogy test scores." Stankov speaks of "Conservative syndrome," which I suppose is something like Down syndrome. Conservatives are characterized by dogmatism, intolerance of ambiguity, low openness to experience, anxiety and fear. In other words, if you're conservative, you shouldn't be voting; you need to see a shrink.

Perhaps the most energetic exponent of the conservatives-are-stupid school of social research is evolutionary psychologist Satoshi Kanazawa. In articles with titles like "Why Liberals and Atheists Are More Intelligent," Kanazawa argues that outside-the-box liberal thinking is what enabled humanity to overcome new threats in a hostile environment, whereas those on the not-so-bright end of the spectrum are disposed to conservatism, poor health and crime.

Kanazawa has been at the forefront of attempts to demonstrate that red states are awash in ignorance. One groundbreaking effort was a 2006 article entitled "IQ and the Wealth of States," in which he tried to link intelligence with economic performance. A difficulty was the lack of a reliable measure of statewide IQ. (I'll ignore the side issue of what IQ tests measure.) Kanazawa got around this by using SAT scores, making the simplifying assumption that if you didn't take the SAT, you were stupid.

You can see where that approach might get you into trouble. Sure enough, Kanazawa calculated that the average IQ in Mississippi was 63. In other words, the average resident of the Magnolia State was mentally retarded.

A conservative individual seeing this result might have reflected: You know, there may be a flaw in my methodology. Maybe I should hold off publishing. Kanazawa, presumably a bold liberal thinker, didn't do that. Instead, it was left to fellow social scientist Michael McDaniel to point out that not taking the SAT didn't necessarily mean you were stupid; often it just meant you'd taken the ACT instead.

McDaniel thereupon produced his own more plausible set of average state IQs, ranging from a low of 94 for Mississippi to a high of 104 for Massachusetts. At first glance, numbers like that might seem to support the red-states-are-dopes hypothesis. On closer examination, however, we see that blue state Illinois scores a mediocre 100. This may be explained by the fact that while I live here, so does Rod Blagojevich. But what are we to make of blue-state California, which scores a pathetic 96?

To get to the bottom of things, I had my assistant Una dump McDaniel's state IQ numbers into a spreadsheet, weight them by population, and then divide them into three groups: red for states consistently choosing Republicans in the last three presidential elections; blue for always voting Democratic; and purple for swing states.

Result: Average IQ for red states vs. blue states was essentially the same (red 99, blue 99.5). Conclusions: Are liberals smarter than conservatives? Some social scientists sure think so. Are blue states smarter than red states? Sadly for us cynophiles, no.

Is there something you need to get straight? Cecil Adams can deliver the Straight Dope on any topic. Write Cecil Adams at the Chicago Reader, 11 E. Illinois, Chicago, IL 60611, or **cecil@chicagoreader.com**



Free 1-on-1 Fit Service
from our Procare Fit Specialists

Our team of Procare Fit Specialists work closely with area physicians, podiatrists, chiropractors and physical therapists to meet the needs of their patients. Whether you've been referred to us by your doctor, or you're coming to see us on your own, we offer our expertise and 1-on-1 fit service *free of charge* to ensure that you get the best fitting shoe.

See our Fit Specialists for top-notch service.

Maple Tree Place | 288-9090 | newbalancewilliston.com
Hours: Monday-Thursday 10-6 | Friday & Saturday 10-7 | Sunday 11-4

new balance
Williston

The Doctor Is In

Health & FITNESS

A Charlotte physician keeps old-fashioned family practice alive

BY KATHRYN FLAGG

When John Hammer moved north to Charlotte 21 years ago, the retired Navy man was leaving behind one of the finest medical facilities in the country the National Naval Medical Center in Bethesda, Md , now called Walter Reed — "where all the presidents go," Hammer says

In Maryland, he'd lived just four miles from the massive hospital, a sprawling complex with some 4500 professionals on staff Now he found himself living instead just a stone's throw from the Charlotte Family Health Center — which looks more like a house than a hospital, because in fact it was a residential home before it was repurposed as a neighborhood clinic

"I never had a personal physician until I came up here," Hammer says. "I stepped right into it."

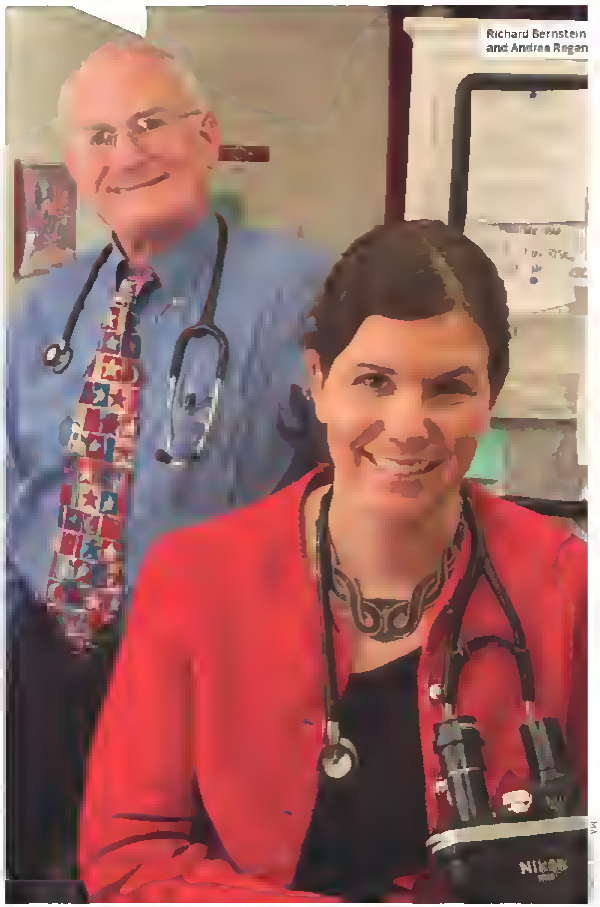
In Vermont he'd stumbled upon an "old-fashioned doctor" — though he backpedals a bit there. "I don't want to point Bunky out as old fashioned," Hammer says. "It's just the old way of doing it."

The "old way," in this case, is a time-tested approach to family practice medicine, where one physician takes care of a patient for a long time And "Bunky," as his friends call him, is Richard Bernstein, 65, the white-haired doctor who since 1975 has ministered to patients at the Charlotte clinic He's been seeing some patients (and their children and grandchildren) for more than 30 years.

"I've always felt, and I still do, that a lot of illness is either caused by or made a lot worse by fear," Bernstein says. "So I wanted the kind of clinic where people would feel at home."

That meant demystifying medicine Explaining things in a way that his patients could understand. Eliminating the fear factor

And it meant bucking trends. In the decades since the health center opened, fewer and fewer doctors are choosing to practice primary care medicine, which, on the spectrum of medical specialties, does not pay well. Plus, it's getting harder to run independent private practices, which means many small clinics are selling out to hospital groups. And Bernstein thinks that many of the changes in health care that are coming down the pike — such as electronic medical records, which the federal government is incentivizing for doctors and hospitals — are pushing toward a further centralization of care


Richard Bernstein and Andrea Regan

"It's hard for indepeodent clinics to compete," Bernstein. "We've always been a small, community-minded clinic .. and I think that basic medical care is best provided in small, personal units."

Bernstein is on his lunch break when he ushers a visitor into a small examination room. The health center is tucked into a white house on Ferry Road in Charlotte Bernstein hops up onto the tissue-paper-covered examination table, his legs dangling over the edge

"People like coming here," he says. "They look out and see fields and not a lot of Formica."

The clinic isn't fancy. It's been renovated several times, but the hardwood floors are scuffed up, and the waiting room is a bare-bones affair. It's homey, and the doctors here handle most of their own business — greeting patients, making phone calls and pitching in if the receptionist seems busy

Bernstein moved to Vermont in 1972 to complete his medical residency at Fletcher Allen Health Care, then called the Medical Center Hospital of Vermont He came by way of Cleveland, where he attended medical school, and the suburbs of Washington, DC, where he grew up Though Bernstein flirted with the idea of specializing in surgery, general medicine won out.

"I like dealing with people over long periods of time, and directly," he says.

When he learned that a physician in Charlotte was looking to retire, Bernstein stepped in to fill the gap. In 1975, with the help of a few physician's assistants, he started the Charlotte Family Health Center He's also affiliated with Fletcher Allen, where he teaches in the family medicine department

Bernstein is a pillar in the local community, interested in everything from Golden Gloves boxing (he's the on-call doctor) to Lake Champlain water quality to school board politics

"[Bunky's] not just the doctor who comes in from afar," says Hammer "He's part of us."

These days, the center has three doctors on staff Bernstein, longtime physician Lee Weisman and Andrea Regan, who at 35 is the youngest addition to the practice. She's bucking the trend that sees younger doctors avoiding both private practice and primary care medicine

"I'm a hands-on person," Regan says. "I like to make my own decisions, and that was a big draw here."

Nationally and locally, medical centers are centralizing Hospitals are purchasing former private practices, consolidating billing and other administrative functions, and putting doctors on the payroll. When it comes time to recruit new physicians — a tough prospect for all family practices — these hospital-owned practices typically can offer higher salaries

And many doctors aren't interested in hanging out their own shingle. Ron Hallman is the vice president for public relations at Porter Medical Center in Middlebury, which owns 11 practices in Addison County. In almost every case, Hallman says, the practices approached the hospital about purchase, not the other way around.

"It's just getting too complicated, too difficult and too stressful" to run a practice, Hallman says. Young providers coming out of medical school are saddled with hundreds of thousands of dollars in debt and aren't interested in buying a building or taking out a line of credit – let alone in hiring and firing staff or calling a plumber when the toilet springs a leak.

"If you're going to be an independent physician and own a practice, you have to do a lot more than practice medicine," Hallman says. "You really are running a business."

Of course, hospitals aren't acting out of altruism when they purchase practices. They're also shoring up their base, because primary care facilities will funnel in patients for more profitable procedures.

By and large, Hallman says, very little changes for the doctor or the patient when a hospital takes over a smaller practice. But he can see how some physicians might worry about ceding their independence.

"Change is change," he says. "But it's a pretty small price to pay for having the certainty of a large organization behind you."

Some physicians say it's not so simple.

"There's a [philosophical] difference often between private practice and hospital-owned practices," Regan says. "There are a lot of benefits of a major hospital ... and, on the other side of it, you have autonomy."

The family practice business has undergone significant changes since Bunky Bernstein set out in the '70s. An avid cyclist, he used to head out on his lunch break every day for an hour-and-a-half ride. Now, says Regan, "those days are so gone."

For one thing, there's been an explosion in the amount of paperwork doctors are expected to produce. Asked what they'd like to see in health care reform, Regan and Bernstein go immediately to something called "prior authorizations." What they mean is that insurance companies are often changing their policies about which drugs they'll cover, and the doctors have to scramble to keep up.

"There's no rhyme or reason to it," Regan says.

Meanwhile, more patients are trying to handle questions by phone so they don't incur a co-pay by visiting the clinic. Others show up for their annual exams, which should be preventative in nature, with a laundry list of ailments they've stockpiled over several months.

But Bernstein still thinks that the kind of medicine he practices is the way to keep patients healthy in the long run. The clinic's emergency-room rates are lower than the state average. Specialists and major medical facilities are important, Bernstein says, but a primary care doctor should be the first defense.

> I THINK THAT BASIC MEDICAL CARE IS BEST PROVIDED IN SMALL, PERSONAL UNITS.
>
> RICHARD "BUNKY" BERNSTEIN

Bernstein's patient Hammer agrees. When he visits larger clinics, Hammer says the system "runs you through like you're a subway passenger": through the gate, onto the train and then just as quickly out the door. For patients who want to be in and out in a hurry, he says, that approach might be a good fit. It's efficient, if not especially intimate.

It's not like that at Bernstein's clinic, where doctors only book two patients in an hour. It gives the physicians extra time with their patients, if they need it, to discuss a thorny medical problem or to catch up on day-to-day life.

"You can always expect to have a human relationship with him when you go in," Hammer says.

As for that push for digital medical records, the idea is for doctors to have access to a huge body of information about their patients, available at the click of a mouse. Doctors can quickly scan for trends, patterns and past medical issues.

"But in the case of a family doctor, somebody like Bunky – he built all that up in his mind," Hammer says. "Over time, he knew what I did, what's affecting me, how busy I am, how stressed I am ... I met him as a doctor, and that made him into a friend." ⑦

$2,000,000
Contemporary
& Modern
FURNITURE
LIQUIDATION SALE!

Most EVERYTHING MUST GO!
Plus! Extra Savings on
Special Orders!
www.burlingtonfurniturecompony.com

SPECIAL HOURS!
Thur. January 19,
Fri. January 20, Sat. January 21
10:00 am - 8:00 pm

We must liquidate all floor samples and significantly reduce inventary to allaw us ta remadel and rearganize aur praduct lines. Same exclusians apply based an manufacturer's restrictians.

Many af aur manufacturers; American Leather, McCreary Modern, IMG, Woodfarms, BDI, Simmans have autharized special pricing far this event ta help us mave product fast. Hundreds af items are reduced 50% off ar mare.

*Does not apply to prev ous purchases. While supplies last
See store for details.

388 Pine St., Burlington
burlingtonfurniturecompany.com
Mon-Sat 10-6 Sun 12-5
802-862-5056

BURLINGTON FURNITURE COMPANY

Body of Evidence

Health & FITNESS

New studies suggest that physical exercise is good for mental health, too

BY JENNY BLAIR



Meet Dr. Sam Russo - *Naturopathic Physician, Licensed Acupuncturist*

Dr Russos comprehensive approach as a primary care physician empowers people to create optimal health through education inspiration, and preventive medicine His focus on musculoskeletal injury repair incorporates joint and soft tissue manipulation acupuncture, platelet rich plasma and trigger point therapies to restore function and structural integrity. His medicine keeps you moving!

Most Insurance Accepted Including Worker's Comp Personal Injury and Medicaid

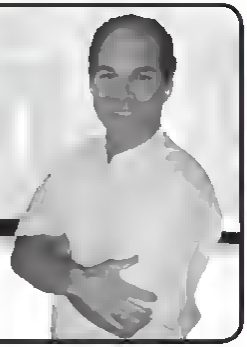
Give us a call
802-448-3388

Adult Primary Care. Musculoskeletal Medicine. Acupuncture

www NaturopathicVermont.com

41 IOX Drive Ste 220 So Burlington VT 05403

Vermont Naturopathic Clinic
Individualized Medicine for Individuals



Forty years after the fitness revolution began, the message that exercise is good for the body is a familiar one, to say the least. Hardly a day goes by without hearing some new reason to get off the couch and get our hearts pumping.

What's less well known is that exercise gets your head right, too. Sadness. Trouble concentrating. Problem drinking. Fear of bullies. Lack of self-efficacy, or the sense of being capable to do something to meet our goals — all these problems can be mitigated by exercise. Even moderate exercise. Even if we don't do it every day.

Given that exercise is so good for the brain, Jeremy Sibold, an assistant professor of rehabilitation and movement science at the University of Vermont, has wondered: Why isn't physical exercise part of our approach to treating people with mental health problems?

"It's largely free," he points out, "or at least it's cost effective. It's accessible to just about everybody. And there's growing research that shows that it can be as effective as some of the common drugs used in mental health."

Exercise does double duty for patients with physical ailments that can put them at risk for mental health issues. "There are connections between heart disease and depression, for example, and exercise could be a potential tool that addresses both," Sibold says.

This finding isn't germane only to depressed adults. In his research, Sibold has found that sadness and suicidality are reduced in adolescent victims of bullying who are more physically active. "If that's true," he asks, "then why are we cutting PE?"

A kid whose self-efficacy and confidence have grown as a result of exercise may be better able to stand up to a bully or report him to a teacher. What about the kids who don't make sports teams — the ones who are a little heavier, who have a short leg, who wind up being ostracized, labeled or bullied? "Why not target those exact groups with play?" Sibold muses. "[It] doesn't have to be team stuff with rules and times and all that — but physical activity, because it improves their identity and their self-efficacy."

As for the bullies themselves, Sibold continues, "Might we consider talking to these kids while we're going for a walk or a jog [with them], when they're clearer and more focused to receive that message?"

Sibold, 37, began his career as head football athletic trainer for West Virginia Wesleyan College; he went on to earn a master's in sports medicine and a doctorate in sports and exercise psychology. At UVM, he works with neuroscientists, athletic trainers, psychologists, doctors and physical therapists, and that cross-disciplinary outlook has led him to some interesting results.

THERE ARE CONNECTIONS BETWEEN HEART DISEASE AND DEPRESSION, FOR EXAMPLE, AND EXERCISE COULD BE A POTENTIAL TOOL THAT ADDRESSES BOTH.
JEREMY SIBOLD

Recently, Sibold was invited to collaborate with a group of UVM psychologists who wanted to study mood and exercise in mice. He hadn't done research with animals before, and says he felt lucky to work with the psychologists. "I come from a different background, so I kind of had the ability, or the luxury, of being able to ask the dumb questions, because I didn't know enough not to ask them."

As his team discussed ways to study the effect of running on mouse anxiety, Sibold turned the research question on its head. He suggested that they study whether stressed-out mice *choose* to run.

What they found made headlines. Mice, it turns out, appear to use exercise to calm down. In a study published in the journal *Perceptual and Motor Skills*, the research team reported that mice that had undergone stress in the form of foot shocks subsequently ran on their exercise wheels 10 times more than their unstressed counterparts. Researchers already knew that voluntary exercise reduces anxiety. But no one had previously demonstrated any organism's innate *call* to exercise after stress.

"They made the voluntary choice to go run following stress," Sibold says, and imagines jokingly what might have been going through the mice's minds after the foot shocks: "'What the heck was that? I'm goin' for a run!'"

Why do we care that mice run when they're stressed? Because it's so hard to test psychologically complex humans for a hardwired urge to exercise in stressful conditions — though we may well have one. Mice also give researchers a chance to figure out why the reaction happens in the first place. Sibold is working on a follow-up study to examine what's behind the mice's response, testing another researcher's hypothesis that the worry-producing frontal lobes of the brain "go offline" during exercise.

If researchers can prove in future studies that running actually calms mice down, this experiment "could be a really profound statement that these little guys ran away their anxiety, or self-medicated, if you will," Sibold says. "Maybe this is more support for these notions that we should look at exercise as part of the treatment following something [stressful]."

In another much-reported experiment published in *Perceptual and Motor Skills*, Sibold and his colleagues demonstrated that the improvement in mood that comes from exercise lasts 12 hours in healthy college students. That kind of information about timing is key to developing ways to prescribe exercise.

"We know you take a certain amount of aspirin at certain intervals for your headache, because they've

BODY OF EVIDENCE » P.31

JEANS & CORDS
20% OFF!!
Not Your Daughters Jeans
Jag Jeans
Silver Jeans
Thursday-Sunday
Winter Clearance Continues
20% TO 60% OFF
ADORN!
contemporary fashion & accessories
27 State Street, Montpelier, VT
802.229.2367 • adornvt.com
Mon-Sat 10am-6pm
Sun 12pm-4pm

Winter
Progressive Sale
This Weekend ONLY-
Winter Clothing & Gear
Friday - 20% Off, Saturday 30% Off,
& Sunday 40% Off!
Onion River Kids
7 Langdon Street Montpelier, VT 223-6025

2012 SKI & RIDE WITH THE POINT IS UNDERWAY!

Join us Fridays at the area's best mountain for half-price lift tickets, apres-ski parties, and a chance to score great prizes!

To get the half-price deal you'll need a Ski & Ride Button and Coupon Book. Find out where to get yours at pointfm.com!



SKI & RIDE 2012 SCHEDULE

JANUARY 20	MAD RIVER GLEN
JANUARY 28	SMUGGLERS' NOTCH
FEBRUARY 3	BURKE MOUNTAIN
FEBRUARY 10	BOLTON VALLEY
FEBRUARY 17	DARTMOUTH SKIWAY
FEBRUARY 24	T.B.A.
MARCH 2	SUGARBUSH
MARCH 9	BOLTON VALLEY
MARCH 16	T.B.A.
MARCH 23	STOWE MOUNTAIN RESORT
MARCH 30	JAY PEAK

made possible by

BURTON

HARPOON BREWERY

AudiSouthBurlington.com
VolkswagenSouthBurlington.com
ShearerAcura.com
SHEARER
802-658-1130
Shelburne Rd, South Burlington

THE STEVEN HUNECK GALLERY AT DOG MOUNTAIN

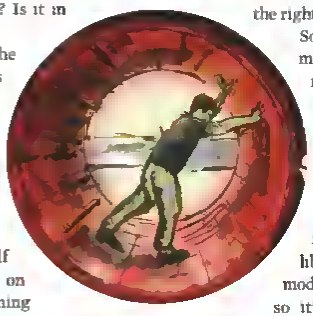
vermont life

The point!
Independent Radio

Body of Evidence « P.29

done thorough studies on the chemistry of how that works, the physiological response," Sibold explains. "Well, we aren't there yet for exercise. It's called the dose response. What intensity of exercise? How frequent, how long, what mode? Is it self-selected, is it not? Is it in groups, is it not?"

Working out the right timing, as well as the right kind of exercise for people in various situations, is a relatively young area of research.



Sibold himself gets his mellow on as an early-morning swimmer. "That five to 6:30 slot is my time," he says. "That balances me out for the rest of the day. Other folks need the social piece, the cohesive piece, the social acceptance and affirmation of having friends," he adds. "Others want to do game-related competition. Other folks are, *Nah, competition's gonna be threatening.*"

Even while researchers are still working out the nitty-gritty, health care providers can do better than just telling their patients to get more exercise. There are common-sense ways to tailor that advice. "You have to match the exercise and the exercise environment to the person for it to really stick as a behavior," Sibold points out.

Take, for example, a hypothetical single mother who is facing a lot of stress, is self-conscious about her body and is unaccustomed to exercising. "There are many exercises or many programs that wouldn't work for this person," Sibold stresses. "You say, 'OK, we want you to pay a bunch of money for this gym membership, and we're gonna throw you in a spinning class'... Either she's never gonna approach that, or she's gonna do it once and say, 'The heck with that, I'm never doing that [again].' You need to make the right match."

YOU HAVE TO MATCH THE EXERCISE AND THE EXERCISE ENVIRONMENT TO THE PERSON FOR IT TO REALLY STICK AS A BEHAVIOR.
JEREMY SIBOLD

So if that single mom isn't into gym memberships or hyperadrenal spinning, how about a walking group with friends? Or an exercise video from the public library? "You can modify the context so it's so much less threatening," says Sibold. "You're adapting the prescription."

How has his research gone over among his colleagues? The only pushback he's seen, Sibold says, involves questions about how to motivate people to exercise. After all, he points out, "It's a lot easier to take a pill" for ailments such as depression.

"There are always the 'yes, buts' in the conversations," he says. "People will oftentimes say, 'Yeah, I hear you, but it's hard,' or 'Yeah, I hear you, but I don't have time,' or 'Yeah, I hear you, but it costs money to join a gym.' We're just talking about walking, or riding a bike, or whatever."

Getting people to exercise on a nationwide scale is "the golden question, right? If we can get people to do it," Sibold concludes, "it's game over." In a healthy way. ⑦





Seven Days delivers deeply discounted DealTickets on local concerts, shows, plays, sports, comedy and more!

In between ticket deals, look for discounts on local shopping, services and dining.

Sign up to receive DealTicket alerts today at **deals.sevendaysvt.com**

SCAN THIS NOW AND SIGN UP FOR ALERTS WITH YOUR PHONE!

Buy 6 months
Get 3 months
FREE
Offer expires 01/31/12
*applies to accounts that use EFT
full line of nautilus equipment & free weights
pool • racquetball court • personal training
never an initiation fee
20 West Canal Street • Winooski • 655-2399
twmhealthclub.com
Like us on facebook!
THE WOOLEN MILL HEALTH CLUB

Holistic Family Medicine
Osteopathic Manipulation
The best of Western Medicine combined with the art and science of Osteopathy
STEVE PAULUS, DO, MS
321 Main Street, Suite C Winooski, VT 05404
802-859-0000 • www.StevePaulus.com


Winooski Family Health
Peter Nobes, PA • Ellen Watson, FNP • Chris Staats, MD
Ann Goering, MD • Anne Knott, MD
ACCEPTING NEW PATIENTS
A Patient & Family Centered Atmosphere
Acute Care & Minor Emergencies • Adult Physicals • Well Child Checks
Chronic Care with a Focus on Positive Lifestyle Changes
802.655.4422
328 Malletts Bay Avenue, Winooski

It's Burning, Man!

Melting away the calories, toxins and stress in a Bikram yoga class

BY KEN PICARD

I am a sweater. And by that I don't mean the cardigan, V-neck or ugly-Christmas variety. I perspire whenever the mercury noses above 80 degrees and I'm doing something more strenuous than changing the batteries in the remote.

When I'm working around the house, my wife likes to point out when "Mickey Mouse has returned." Invariably, that's the shape of the sweat stain that appears, apparition-like, on my T-shirt: two round Mickey ears over my pecs attached to a big, round Mickey head over my gut. Some people see the Virgin Mary in a tortilla. At my house, we see Disney characters.

So I felt some trepidation when my editor asked me if I was willing to try a Bikram yoga class for this week's Health & Fitness issue. Bikram is a wildly popular school of yoga, founded by Calcutta-born Bikram Choudhury, that involves 90 minutes of postures and breathing exercises done in a studio heated to 100 degrees or more.

I have little fondness for hot, humid climates, but I'm always game for a new challenge. So late last week, I made my way across the parking lot from the *Seven Days* offices to the studio of Bikram Yoga Burlington on Pine Street, one of several Bikram practices in Vermont.

My first warning sign: Journey's greatest hits were playing. Not an inspirational omen. Mark, the instructor for the noon class, told me where to change, then directed me to set up my yoga mat and beach towel in the studio. Had I done my homework beforehand, I would have discovered that Choudhury routinely refers to these hot rooms as "torture chambers."

I quickly understood why. Opening the door, I walked headlong into a wall of funk that instantly flashed me back to my childhood days of cleaning out dirty turtle tanks. The room is a germophobe's nightmare, like an incubator with wall mirrors. The air was so thick and cloying, I could practically chew it. Thankfully, my olfactory senses went numb within minutes, freeing up my brain to focus on other senses that soon came under assault.



As far as I could tell, I was the only Bikram beginner in the room. The rest of the class was a healthy mix of twenty- to sixtysomething yoga enthusiasts of various body types and flexibilities. Most of the 20 students were women, including a few who were built like marathoners. Just before class started, a tall woman with ropy arms and washboard abs set up nearby. I thought, *I am totally screwed.*

Mark, our instructor, returned. A quick talker with a boyish, Bobby Brady face, he immediately spotted me in my neon-green wicking shirt and encouraged me to do the best I could. I smiled back, flashed him a goofy thumbs-up and braced myself to be Bikramized.

Unlike those in other schools of yoga, Bikram classes all follow the same sequence of 26 postures (asanas) and two breathing exercises, no matter where they're taught. Choudhury, something of a rock star in the yoga world, stirred up controversy some years ago when he tried to copyright traditional hatha yoga asanas and



require instructors to get licensed by him before they could call their practices Bikram

Some Bikram critics warn against the dangers of strenuous exercise in an overheated environment, suggesting it can lead to overstretching and injuries But Choudhury and Bikram enthusiasts counter that, quite the contrary, the heated room enhances muscle flexibility and helps release toxins and stress stored in the muscles, glands and organs.

With one class under my belt, I'm neither willing nor competent to weigh in on such partisan yogic disputes Suffice it to say, you don't move into a beach house and then complain about the smell of fish If I choose to enter a sauna and contort myself into positions that seem dreamed up by the Spanish Inquisition, I shouldn't bitch about feeling a tad sore the next morning

What transpired next is difficult for me to recall with clarity Like a car wreck experienced in slow motion, my recollections are a disjointed blend of sensations and blurry images, punctuated by the strobelike effect of overhead ceiling fans. Obviously, I couldn't take notes during the class, but I can reconstruct the experience by referring to the 26 postures and the sensations they, um, provoked

Mark opened the class with a breathing exercise, followed by a simple arm-and-shoulder stretch — the half-moon posture — that momentarily lulled me into the naive assumption that I was ready for this class Meanwhile, beads of sweat formed on my arm — and I was standing still Immediately, I started counting the seconds before I could sip the now-tepid water from the bottle at my feet Then we moved on to

Hands-to-feet pose: A double posture, though sweat poured into my eyes when I bent over, making them look like I'd just attended a Rastafarian wedding Note to self: Wear a headband next time

(IT'S BURNING MAN) » P35

OPEN HOUSE AT BURLINGTON COLLEGE } FOR PROSPECTIVE STUDENTS
FEBRUARY 18 • NOON-3PM
RSVP ONLINE AT: BURLINGTON.EDU/OPENHOUSE
OR CALL 800.862.9616
Burlington College Vermont USA

the YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE HERE FOR YOU
At the Y, you're not just joining a gym, you're joining friends in a welcoming supportive community.

TRY US FOR FREE!
Stop by and see all the Y has to offer. Mention Seven Days and we'll hook you up with a one-week pass good at both locations
Expires February 29, 2012

Working out every day at Y keeps me sane — sort of. And it's not just the workout, but the friends I have made there since becoming a member almost 30 years ago. The place feels like home to me. Most of the front-desk staffers even know which locker I like.
— Paula Routly, *Seven Days* Publisher
Y member since 1985



266 College Street, Burlington • 862-9622
32 Malletts Bay Avenue, Winooski • 655-9622
GBYMCA.ORG



SHOP LOCAL
Say you saw it in... SEVEN DAYS
»sevendaysvt.com

Shelburne Farms

An Amazing Cheese Sale at Shelburne Farms Welcome Center!



Great prices on 2 pound waxed blocks of 1 year & 2 year cheddar!

- 2 pound 1 year at $17.50 (reg. $23.50) OR get TWO FOR $30.00!!!
- 2 pound 2 year $18.50 (reg. $24.95) OR get TWO FOR $32.00!!!

(No other discounts apply. Not applicable for mail order or wholesale)

While supplies last – quantities are limited – don't miss this special!!

The WELCOME CENTER is open from 10 to 5 daily.

1611 Harbor Road • www.shelburnefarms.org • 802-985-8442

leaders in exercise · as it should be approach to health and fitness · stay in exercise

THE REHAB GYM

introducing our brand new

MONEY BACK GUARANTEE*

If we fail to meet your expectations, we will refund your money spent on any service at the RehabGYM (physical therapy, memberships, and programs included)

THREE CONVENIENT LOCATIONS

WILLISTON (802) 876-6000 • COLCHESTER (802) 861-0111 • BURLINGTON (802) 861-3222

www.REHABGYM.com

The RehabGYM is proud to donate 10% of our profits to local events and organizations.

*Limited guarantee, visit www.rehabgym.com for details

Be here now.

Sign up for **N**OTES **O**N THE **W**EEKEND, our email newsletter, for an update that directs you to great **shows**, **restaurants**, **staff picks** and **discounts** for the weekend. We'll also keep you posted on SEVEN DAYS events and contests.

sevendaysvt.com

SEVEN DAYS
NOTES ON THE WEEKEND
now

It's Burning, Man! «P33

Awkward pose: The second most accurately named posture of the day. I stood with my arms out straight, in a crouched, near-seated position. I was the only one in the room shaking like an unbalanced washing machine.

Eagle pose: This is the posture non-yoga practitioners like to ridicule. We were expected to wrap our arms and legs around ourselves in defiance of the direction that joints normally bend. In the mirror, I looked like Bill Murray demonstrating a position from the *Kama Sutra*.

Standing head-to-knee pose: Ideally, the goal was to hold one leg horizontally straight out in front of me, parallel to the ground, then place the forehead on the knee. Yeah, right.

Standing bow-pulling pose: My legs were quivering so hard, I worried someone would think I was having a seizure. I also worried about inflicting a head injury on the woman to my left. She subtly inched away from me.

I WAS THE ONLY ONE IN THE ROOM SHAKING LIKE AN UNBALANCED WASHING MACHINE.

Balancing stick pose: This one looks like figure skater Dorothy Hamill performing her famous "Hamill Camel." I thought, *Not in this lifetime*.

Standing separate-leg pose: Mark reminded us to breathe normally. What's "normal" for a heatstroke victim?

Triangle pose: I've got strong legs, so I thought I had this one. Unfortunately, by now I was feeling light-headed and nauseated, and deeply regretted the two cups of coffee I'd drunk that morning.

Standing separate leg head-to-knee pose: I knew I was still alive: I could hear my pulse beating through my chest. Meanwhile, Ms. Marathon Runner with the ripped triceps and abs of steel had barely broken a sweat. Must be a cyborg.

Tree pose: Hey, a posture I recognized from my non-inferno yoga days and once managed with some proficiency. However, I was dripping like a meat loaf, and my wicking shirt had totally given up the ghost. Meanwhile, grasping my lower extremities was like trying to pick up a naked toddler covered in baby oil.

Toe stand: The ceiling fans mocked me. I knew the air was moving somewhere in this room, but I didn't feel a thing. Hey, it started snowing outside!

Dead body pose: At last! A posture that accurately represented my physical and mental state. Rename it "bloated-corpse-dragged-from-a-Louisiana-bayou" pose, and I could have totally nailed it.

Wind-removing pose: Just what it sounds like. Thankfully, my sense of smell had shut down an hour earlier.

Cobra pose: I've seen my dog do this in the morning. "Don't worry what you look like. Just do the posture," Mark told us. "The hard way is the right way." Clearly, I must have been doing it right, 'cause this shit was *hard*.

Full locust pose: As welcome as the swarm itself. This one required me to lie on my belly, raise my arms and legs off the floor, and arch my back like a cliff diver. As my sternum dug into the hardwood, I fantasized about lying in the snow.

Bow pose: See above, except we were supposed to grab our ankles. By this point, I would rather have been waterboarded. Actually, anything involving water...

And so it went until we reached the final breathing exercise. As Mark clapped his hands, we were supposed to breathe to each clap, which brought me to the verge of hyperventilation. Once he said, "Namaste" — probably Sanskrit for "Hit the showers!" — I returned to the bloated-corpse pose to catch my breath.

Later, in the changing room, I met the man who had been immediately to my right. About a decade my senior, he'd been practicing Bikram for nearly 10 years and swore by it.

Ernie, another of the men in the class, was an EMT with a local rescue squad who also looked like he had 10 to 15 years on me. Yet he handled all the asanas like an old pro. I was flabbergasted to learn he'd been at it for just three weeks.

Needless to say, Bikram isn't for everyone. Will I return? Hard to say. One downside: I was wiped out for the rest of the day. On the plus side, I suspect the class is great prep for global warming.





RICHMOND
Family Medicine

ACCEPTING NEW PATIENTS
Medical care for families and individuals of all ages, including obstetric and pediatric care

Call today for an appointment: 802.434.4123.

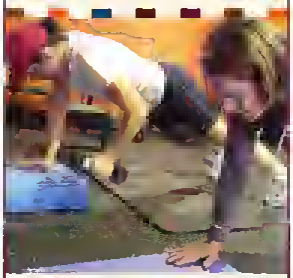
Christine Mahoney, DO • Daniel Goodyear, MD • Gil Theriault, MD
Hannah Rabin, MD • Louise Moon Rosales, APRN

30 West Main Street, Richmond • RichmondFamilyMedicine.org



JOIN US FOR OUR
GRAND OPENING!
SATURDAY, JANUARY 28TH
9 AM – 3 PM

ARTEMIS
FITNESS
strength for life



ARTEMIS SPECIALIZES IN INNOVATIVE GROUP TRAINING DESIGNED FOR WOMEN

Our small group model provides you with individual, customized attention. Come experience unique workouts using battling ropes, suspension training, kettlebells and more.

GRAND OPENING EVENT

TRAINING AND PRIZES ALL DAY

- FREE training groups at 10, 12 & 2
- FREE chair massage
- FREE health coaching consultations

DO YOU NEED A RESOLUTION SOLUTION?

Ask about our specialty weight loss program with nutrition and customized workouts. Designed to melt unwanted pounds.

7 Fayette Drive Unit 2 South Burlington VT
(off Shelburne Road, close to Palace 9 Cinemas)

802-448-3769

WWW.ARTEMISFITNESSVT.COM



Eric Eisinger and Ilke Van Gerwen

Pace Maker

A new retailer enters the race to capitalize on Burlington's running boom

BY SARAH TUFF

Health & FITNESS

The merchandise on display in the second-floor space at the corner of Burlington's Main and Pine streets might not get the average shopper's heart racing. Chf Shot Bloks, Thera-Bands, SOLE shoe inserts. Some products may even perplex. NipGuards? BODYGLIDE? But for anyone who's ever pounded the pavement for a 5K, marathon or ultra, browsing in the new Green Mountain Running Medicine Shop can feel like being a kid in a candy store.

Not a very tasty candy store, mind you, but one that feeds northern Vermont's new obsession with the oldest of sports. And for a longtime runner like me, who's struggled with injury and equipment failure, the store provides just what its name suggests.

The shop, which shares the same owners, real estate and employees with Green Mountain Rehab & Sports Medicine, doesn't just sell medicine for runners, it reflects the idea that running itself is a medicine. With numbers of race entrants rising and partnerships with the University of Vermont, Dealercom and other Burlington businesses, this lofty space has equally lofty ambitions. It even has a 10K race of its own.

"The retail is a by-product of the education we're providing," says Susan Foerster, Green Mountain Rehab's practice manager. "We really want to focus on serving the whole running and walking community."

To be sure, Chittenden County has long been a hot spot for running; the Vermont City Marathon launched in 1989, well before the current nationwide running boom. But only in the last few years has the sport really taken off.

"It's a phenomenon," says Colchester-based runner, race director and coach Sam Davis, who still logs some 60 miles per week at age 50. "Growing up in Vermont, as a young runner looking for races, there were weekends when races weren't held around here and I'd have to go out of state. That's no longer the case — on any given weekend you can find multiple races."

Take a look at the numbers. In 2009, Burlington's New Year's Day FirstRun 5K, organized by RunVermont, had 466 participants; this year, nearly 1000 signed up to run — a 107 percent growth. (Anyone who witnessed the crowds of St. Nicks running in Ri Ra's sold-out Santa 5K Run & Walk can attest to the popularity of 5Ks.) Meanwhile, RunVermont's Half Marathon Unplugged, held in April, has seen a 30 percent growth in two years and sold out in just two weeks in 2011. The number of runners in the Vermont City Marathon is rising, too, from 3092 in 2009 to 3603 in 2011.

"The fact that the 5K distance is the race growing most quickly, followed by the half-marathon distance, is a strong indicator of the number of newer runners we're seeing in the local area," says Leandre Waldo-Johnson, communications director for RunVermont.

At Shelburne-based race organizer RaceVermont, event participation increased by 30 percent from 2010 to 2011, according to race director Rayne Herzog, who points out, "Running is an inexpensive sport."

Well, maybe for some. Having plodded happily in the same style of Adidas sneaks for many years, I struggled with numbness in my feet this past summer and fall while training for my 14th marathon. Some bad advice led to my spending hundreds of dollars on different shoes, inserts and physical therapy. It also led to disappointment with my finishing time — not to mention excruciating pain — after both my feet went numb at mile 12 of the marathon. And I have a lingering hip issue that has me, at 39, complaining about sciatica like a 90-year-old.

But I'm still addicted to the sport, so I was curious to see how the folks at Green Mountain Rehab would treat me. First, I met with physical therapist Christine



Christine Hagan and Ilke Van Genechten

WE REALLY WANT TO FOCUS ON SERVING THE WHOLE RUNNING AND WALKING COMMUNITY.

SUSAN FOERSTER, GREEN MOUNTAIN REHAB & SPORTS MEDICINE

Hagan, who studied my bare feet extensively (poor thing) before putting me on a treadmill in the store to run shoeless, and then in a couple of different models for slow-motion video analysis.

As Hagan reviewed the film, I couldn't help but notice the store's refreshing simplicity. Unlike sports stores that are clogged with every brand under the sun, Green Mountain carries only the truly nerdy running shoes: Brooks, Mizuno and trail-running favorites Montrail and Hoka. Hagan recommended a pair of Brooks – without trying to push the sale right there – and suggested I return for a free injury screen.

A few days later, another physical therapist, Eric Elsinger, spent nearly an hour listening to my injury woes, studying my gait and squat technique, and determining my flexibility and range of motion. While the "no-duh" diagnosis was that my muscles were too tight, I was impressed by Elsinger's knowledge, his understanding of my compulsion to keep running and his prescription of a few simple stretches – not several pages of diagrams.

Green Mountain Rehab's approach has also impressed Pine Street-based Dealer.com. The two companies have a new partnership that provides more than 20 employees of the latter with running-specific strength and yoga programs, running-form analysis, training guidance, and educational seminars.

"We've gained a tremendous amount through the partnership," says Dealer.com spokeswoman Alison von Puschendorf. "We've found that the participants have reported they're happier, more productive and have an increase in confidence from being progressively challenged. An added benefit is the social component — the program has brought together many people with a common interest who might otherwise not have met."

One of those people is South Burlington's Ilke Van Genechten, who began running to train for skiing and now calls it a passion. Thanks to the attention and advice she received at the Green Mountain Running Medicine Shop, she's sold on the place. "I don't think I will get shoes for my running anywhere else now," says Van Genechten, 30.

Part of that extra attentiveness might come from the fact that customers often have the shop to themselves. "Off-the-street traffic has been a little slow," says Foerster.

Then again, it's January, with many miles to go before May's Vermont City Marathon, and even hard-core runners are a little lazy these days. For me, a week of Elsinger's stretches has loosened up my hips promisingly, and with the recommended Brooks shoes, the only numbness in my feet comes from the cold temps outside.

Foerster emphasizes that Green Mountain's running shop isn't just for serious competitors. "It's really cool when a new runner comes in here and says, 'I don't know anything about running,'" she says.

Those novices may not know yet how much running will change their lives, or how geeked out they'll get about a shop that sells SaltStick capsules and NipGuards (yes, to protect the nipples from bleeding).

"There's a learning curve with running," says Davis. "People starting out find it to be the most dull and pointless thing they've ever done. Others, who have done team sports in the past, maybe in college, and now have a more sedentary lifestyle, find that it's the quickest way to shed off the pounds, and then something happens in the brain, the switch is clicked. It level-sets my entire day when I'm able to go out and run," Davis concludes, "even in 40 below." ⑦

Green Mountain Running Medicine Shop, 90 Main St. 861-6700

Champlain OBSTETRICS & GYNECOLOGY

Experienced, comprehensive & compassionate care that puts you first.

CARING CONVENIENT & AFFORDABLE

Six experienced specialists • Caring, dedicated physicians & staff
Convenient location • Flexible scheduling • Most insurance accepted & filed for you

VISIT WWW.CHAMPLAINOBGYN.COM FOR A COMPLETE LIST OF OUR SERVICES



55 MAIN ST. SUITE 3 ESSEX JUNCTION 802 879 1802 WWW.CHAMPLAINOBGYN.COM



UVM Ski & Ride Weekend
at Stowe Mountain Resort

Friday–Sunday, February 3–5, 2012

- Special Rates on Accommodations
- Discounted Ski and Snowboard Tickets
- UVM Ski Carnival
- Free Après Ski Reception

For more information and to register, visit alumni.uvm.edu/skiandride or call 888-458-8691.

Registration deadline is Thursday, February 2, 2012.

The University of Vermont

Stowe MOUNTAIN RESORT

Rising Again

Health & FITNESS

Gérard Rubaud bakes his famous bread with the help of the Feldenkrais Method

BY ALICE LEVITT

In the past week, during his 12- to 14-hour days of making bread, Gérard Rubaud has noticed himself bending forward. It's not much of a surprise that his body isn't doing exactly what he'd like. In 2004, the 70-year-old Westford baker suffered a stroke that left him clinging to life for two weeks, then wheelchair bound.

Out of the wheelchair now, Rubaud still has a near-total lack of sensation on his right side. In recent days, he discovered he couldn't independently grab the overhead lamp that he shines into the oven to watch his bread's progress. "I had to take a hook to bring the lamp down, so I get really pissed," he says with a scowl.

Yet he continues to press on. Gourmets will recognize Rubaud as the baker of Gérard's Bread, which flies out of stores as soon as it's delivered. Almost eight years after his stroke, Rubaud is back to producing 600 to 700 loaves over five days each week, with workdays that start at 9 p.m. and end the next afternoon. He gets help about half the time from apprentices, Rubaud says, but they don't put in his long hours.

To keep up this punishing schedule — and satisfy his customers — Rubaud relies on another assistant: Uwe Mester, a certified practitioner of the Feldenkrais Method. Two years ago, Rubaud replaced his traditional physical therapy sessions with monthly at-home Feldenkrais lessons. A French native, Rubaud learned about the method in Europe. There, it's better known and even covered by health insurance in many countries, says Mester, who immigrated to Vermont from Germany with his American wife in 2008.

Israeli physicist and engineer Moshe Feldenkrais invented the method, which uses physics and biomechanics to help connect the different components of a body's movement, from the brain to the whole skeleton, then to the muscles, then back to the brain. Mester received instruction from Chava Shelhav, Feldenkrais' former assistant.



Gerard Rubaud

Feldenkrais is considered an educational approach, not a medical one. "I don't heal people," says Mester. "What I do is to help people to understand how they are moving and alternatives to the way they move. That can really help them to overcome limitations in their movements."

But there's more to it, says Mester, struggling to explain the method without a hands-on demonstration. "It's very based on experience. It's like if you want to describe how something tastes and the person you're talking to has only been to fast-food chains — they've never been to a very good restaurant — and you say, 'Let's try this food, and it's very different from a hamburger,'" he says.

On a recent Friday, no burgers are on the menu when Mester arrives in the outer reaches of Westford for a session with Rubaud — pain levain, made from a mix of wheat, rye and spelt and leavened by wild yeast, is.

The baker complains that in the six hours he devotes to shaping loaves each workday, he notices the forward lean developing. "I practice the mistake, and I'm good at the mistake after a while. You polish your mistake," he says.

To prevent the lean from crystallizing into a diamond, Rubaud says, he's been stopping every 25 minutes to walk around, look up and try to straighten his upper body. "That's pretty much because I'm convinced if I don't do it, I'm limiting myself a great deal, and I'll be shot," he says. His inability to grasp the lamp hints at future trouble.

In the rustic, wood-paneled room that doubles as Rubaud's bedroom, Mester starts his patient on a simple exercise he can do on his own later. He asks Rubaud to slowly and fluidly raise the toes of his left foot. The baker repeats the motion several times to ingrain it in his nervous system.

This is the basis of Feldenkrais. As neuroscientist Karl Pribram has said, "Feldenkrais is not just pushing muscles around, but changing things in the brain itself." The method's gentle movements build and rebuild the neuromuscular patterns that help a body cooperate with itself like a well-oiled machine.

It's also about flexibility for both practitioner and patient. When Mester

RISING AGAIN » P 40

FOOD LOVER?
GET YOUR FILL ONLINE
LISTEN IN ON LOCAL FOODIES...
BROWSE READER REVIEWS OF 800+ RESTAURANTS AT SEVENDAYSVT.COM/FOOD. REGISTER TO JOIN OUR BITE CLUB. YOU'LL GET FOOD NEWS IN YOUR INBOX EACH TUESDAY.
LOOK UP RESTAURANTS ON YOUR PHONE.
CONNECT TO M.SEVENDAYSVT.COM ON ANY WEB-ENABLED CELLPHONE AND FIND LOCAL RESTAURANTS BY LOCATION OR CUISINE. FIND NEARBY EVENTS, MOVIES AND MORE.

SIDEdishes

BY CORIN HIRSCH & ALICE LEVITT

Greek to Me

LIBBY'S BLUE LINE DINER REBORN AS ATHENS DINER

WILLIAM MAGLARIS already presides over a mini diner empire as owner of **HENRY'S DINER** in Burlington, **ARCADIA DINER** in South Burlington, **APOLLO DINER** in Milton and **ATHENA'S DINER** in St. Albans. But one location has always called to him: the 1940s diner car in Colchester that until October housed Libby's Blue Line Diner.

"I just always felt like this was an ideal location. Just the way it sat here up on the hill, it almost makes you feel like you're on top of the world, presenting things to the people," Maglaris says. Next week, he and business partner **BOB CAMPOLUNGO** will have their own mini Mount Olympus when they open **ATHENS DINER** at the 46 High Point Center address.

Maglaris says the menu is more diverse than those of his other diners. More vegetarian items grace it, and the Greek food selection is perhaps the largest in the area. Staples such as souvlaki and gyros are available at Maglaris' other diners, but Athens will also serve several lamb dishes, including a roasted lamb plate, and additional Greek specialties, such as the creamy noodle casserole called pastitsio. The diner's decorations follow suit, with photos and knickknacks from Maglaris' home in Greece.

House-baked pitas will soon join the Greek offerings; even right out of the gate, practically everything, including hamburger and sandwich rolls, will be baked at the diner. Maglaris says his staff will use Athens Diner as a pilot kitchen to experiment on innovations such as homemade English muffins and more whole-wheat choices. Sounds like Olympian appetites are in order.

— A.L.

All Smiles

THE SMILING SNAIL IS VERMONT'S FIRST "CSK"

The joys of CSA membership are many. Having a bountiful supply of fresh, local produce delivered weekly is great — if you have the time to clean and peel your celeriac and cook all that kale. As a busy marketer at **GREEN MOUNTAIN COFFEE ROASTERS**, **TIFFANY SHAW** didn't always have that luxury. But she found prepared-food options at nearby grocery stores seriously lacking. That's why, last fall, Shaw left her job to devote herself full time to a new project, a community-supported kitchen called the **SMILING SNAIL**.

Shaw's CSK model, of which she says she's seen only a few examples across the country, involves cooking with local meats and produce, including many ingredients grown at her own Charlotte "micro-farm." Then she delivers the finished products to Vergennes, Burlington and Hinesburg and everywhere in between. Wednesday deliveries start at the beginning of February; members can buy shares at any time and choose from commitments as short as a month.

Starting a locavore business in one of Vermont's most agriculturally barren months sounds challenging, but Shaw explains that she planned ahead. "I've been processing food myself. My freezer is full of local blueberries, tomatoes and eggplant," she says of the ingredients she grew herself. The self-taught chef is quick to point out that, while she partners with the likes of **BLOOMFIELD FARM** and **STONY LOAM FARM** in Charlotte and is in talks with other local suppliers, her business does not aim to be 100 percent local all the time.

What's more important is that the food tastes good and is reasonably priced. A family share costs $130 a week; a week's half-share, more appropriate for couples, rings up at $70. Each share, which

SIDE DISHES »P.41

Pressing the Pomace

CITIZEN CIDER ROLLS OUT UNIFIED PRESS

Though microbreweries spring up often in Vermont, new cider houses are more unusual, even in a state that produces hundreds of thousands of bushels of apples every year and where cider was once sipped as often as water.

So this past Saturday, when three friends threw open the doors of **CITIZEN CIDER** — the cider house they've been quietly building inside an old railroad depot on Laurette Drive in Essex Junction — it was like a glimpse into the past, and possibly the future.



About 18 months ago, the trio — a farmer, a chemist and a wine expert — purchased a 1950s cider press, which they reconditioned and used to press local apples and experiment with blends. "We wanted to make something to appeal to the beer crowd and the Champagne crowd, and also for people who are into wine," says **KRIS NELSON**, who also sells wine for **VERMONT WINE MERCHANTS**.

Along with **JUSTIN HEILENBACH** and **RYAN HOLMES**, he helped finesse those test batches into a signature cider called Unified Press. The three like prosecco and vinho verde, and it shows. Unified Press is zesty and slightly off-dry, with pear and citrus notes alongside its obvious apple flavors. At 6 percent alcohol, it's a touch more bracing than the average hard cider, and entirely made from local varieties such as McIntosh and Northern Spy.

Right now, the friends are sourcing their apples from **HAPPY VALLEY ORCHARD** in Middlebury; they may eventually work with other producers, as well. "We want to give farmers a fair price for their excess," says Nelson.

They have a few blends in the works — including barrel-aged ciders and a blueberry cider sourced from **CHARLOTTE BERRY FARM** — but Unified Press, which should be bottled by mid-February, will remain their signature blend. Right now, they're preselling cases and offering shares on a CSA model. A "proletariat share," for instance, includes a bimonthly pickup of six cases.

Citizen Cider may just be the first "CSC" (community-supported cidery) in the country. Those who missed the open house can catch a second launch party at the **FARMHOUSE TAP & GRILL** on February 3.

— C.H.

the Skinny Pancake

FUN-WAISER WEDNESDAYS!!!

JOSH PANDA RESIDENCY in BTV, 6-9!

MARK LEGRAND RESIDENCY in Montpelier, 6-8!

10% of dinner sales go to 1% for the Planet on 1/18 & 25

Skinny Pancake Presents...

Argentine Wine Dinner with a Vermont Twist
Six course dinner with wine pairings

100% of net proceeds to benefit the Intervale Center

Join Leandro Lowi US Export Manager & Brand Ambassador for Santa Julia Winery as we pair & he presents his phenomenal wines!!!

Burlington Skinny, Thursday, January 26 •6pm
$65/person (plus tax & gratuity)
Seating limited.
By reservation only:
802-540-0188

www.skinnypancake.com
60 Lake St., Burlington 540-0188
69 Main St., Montpelier 262-2253

Let Chef Joseph and the staff
bring you to Culinary Destinations.
This month we travel to the
CARIBBEAN and
SOUTH AMERICA

Caroline's
CULINARY DESTINATIONS

Experience the elegance of a bygone era
Reservations 802-899-1730
30 Rt. 15, Jericho Closed Tuesday

Lake Champlain Waldorf School



Our students are independent thinkers who love to go to school
Imagine the possibilities for your child!

Open House
Saturday, January 28, 2012
10:00 AM until NOON

Special Activity: BREAD BAKING!

Lake Champlain Waldorf School offers an inspired children's education that weaves academics, music, art, foreign languages and movement into an integration that nurtures all aspects of the growing child intellectual, emotional, physical and spiritual. Come visit our beautiful Shelburne campus and explore the outstanding early childhood, grade school & high school curriculum.

359 Turtle Lane, Shelburne
RSVP: Pam Graham, 985 2827
pgraham@lakechamplainwaldorfschool.org

Also see our website for upcoming Observation Mornings!

inspired learning

Lake Champlain Waldorf School

INFANT & TODDLER • KINDERGARTEN
GRADE SCHOOL • HIGH SCHOOL
www.lakechamplainwaldorfschool.org

Dinner
UNDER $10

Monday
PLANET BURGER $6
FEATURED VERMONT
DRAUGHT $3

Tuesday
TRAPP BEER
BATTERED FISH & CHIPS $9
TRAPP LAGER $3

Wednesday
GRILLED CHICKEN
& DUMPLINGS $9
LONGTRAIL DRAUGHT $3

DAILY Planet
Where Real Food Rules
15 Center St.
Burlington
(just off Church Street)
dailyplanet15.com • 862-9647
reservations online or by phone

Rising Again « P38



Gerard Rubaud and Uwe Mester

asks Rubaud to try lifting the toes on his right side, he balks. "Forget it," he says. "The only way I can lift the front of the foot is if I'm seated. If I'm seated, I can lift a little bit."

Mester allows Rubaud to sit down on the padded folding table that he brings to appointments. (He teaches four weekly group classes at Evolution Yoga in Burlington and Ten Stones Circle in Charlotte.)

Even sitting down, the baker isn't able to do the movement on his own. So Mester moves the toes for him. The neural pathways are created whether or not the body itself is moving, he explains. And whether or not it's conscious. Rubaud admits that he often falls asleep during their sessions.

He almost drifts off after Mester has him lie on his back and begins manipulating his arm, isolating each movement from back to shoulder. Every joint is carefully articulated, like those of a cartoon dancing skeleton. The result is a hyperawareness that not only relaxes those muscles and joints, says Mester, but often relieves pain.

The motion can even bring back feeling where there was none. After his very first session with Mester, Rubaud said he could feel his foot for the first time in six years. Now, with regular sessions, he says his awareness "flickers on and off like a light."

Early on in his recovery, Rubaud, once a skier on the French national team, had hoped to hit the slopes again. More recently, he's become less ambitious. "I am realistic now. I want to

be able to work as long I can. I don't want to be in a wheelchair anymore. I've had enough of this," he says.

Rubaud says he's not ready to stop baking, "because it's a good pastime." After a baking career that began at age 13, and 15 years in the loaf business, the beloved bread maker still considers his work a hobby. But it's a hobby that's helped him recover.

"To have a passion which gives you exercise at the same time, it helps," Rubaud says. "You have the delivery person or employees who need the work and need the money. It's a little bit of pressure to [keep the business going]. We're all lazy by nature. It's better to be forced."

I KNOW I'M CAPABLE, BECAUSE I BELIEVE THE SYSTEM IS NOT BROKEN.

GERARD RUBAUD

Mester goes on to perform the same shoulder movements on Rubaud's right side. There, his body yields to Mester's manipulations as if he were asleep, though Rubaud is actually recounting the story of an avalanche he survived in Val d'Isère, France, in 1966. When he was discovered, he says, his lower body had turned blue. "If I can get out of an avalanche, I can get out of this," he says. "At least I was not dead. If I'm not dead, I'm alive, and if I'm alive, I can go back."

Now, at 70, Rubaud has finally learned to slow down. He says that baking bread with more sense of purpose — like the deliberate motions Mester is now making with his legs — has yielded better loaves than ever. "[Slowing down] brings attention to what you're doing," he explains. "It's like making one great bread instead of three mediocre. It's better to choose your battle and be good at it."

"He's out for quality, not quantity," Mester agrees. "It's the same thing with Feldenkrais, we're looking for quality of movement, not quantity."

When Mester is done moving Rubaud's legs, he helps him slowly rise to a seated position. The difference is dramatic. Rubaud says he's still dizzy from sitting up, but the bent figure that lay down less than an hour before has been replaced by a modestly slouched one. Mester moves his student's foot. "I sense very well," says Rubaud. "Everything. It feels like the sandpaper between the vertebrae is gone."

Then he lifts his right foot himself — a small but meaningful movement. "I can see the chain of command lifting through the foot," Rubaud says, as his knee and hip move slightly, too.

It's one of his two days off, but Rubaud wants to return to his oven — this time not to bake. It's time to face his opponent, the oven lamp.

With the help of ski poles and the moral support of his bilingual black labs, Max and Jojo, the baker haltingly ventures down the hill to the bake shop. It's a bread lover's paradise, decorated with murals of wheat and dusted in a fine layer of flour, just like Rubaud's crusty sourdough. The custom-made oven door depicts historical bakers at work. Above it looms the metal handle that will bring down the lamp.

Ruhaud reaches for it. Now visibly straightened, he has the necessary extension, but can't seem to locate the lamp. Then Mester makes the suggestion that makes all the difference. "Look up," he instructs.

Brain damage sometimes prevents people from remembering the most basic things. Looking right at the lamp's handle, Rubaud grabs it and raises it back in place. He pulls it down and back several times to ingrain the motion. The baker has won this round.

Despite this victory, Mester confides frankly that Rubaud isn't on the road to a miracle cure. "Some of it will last, and some of it will be forgotten again," he says. "For me, this first time is a critical one."

For his part, Rubaud is excited by each small triumph. "I know I'm capable, because I believe the system is not broken," he says. "The hope is critical to believe there are still major things I can work for. You know you're not at a dead end."

Far from it. He, and his dough, are on the rise. ⑦

Look for Gérard's Bread at City Market, Healthy Living Market and Café and other local retailers.

Group classes in the Feldenkrais Method with Uwe Mester are offered Tuesdays and Wednesdays at Evolution Yoga in Burlington.

SIDEdishes

CONTINUED FROM PAGE 39

is delivered fresh, not frozen, includes soups, salads and sides, as well as entrées, breads, snacks and desserts. Braised winter greens with garlic and pork belly may sound glorious to some, but Shaw will adapt her healthy comfort-food menus for vegetarian customers.

Shaw says her ads on Front Porch Forum have generated strong interest, nonetheless, for her first year, she plans to limit delivery to about two dozen shares, all delivered in GMO-free, wheat-based containers and reusable Mason jars. Letting someone else do the cooking has never seemed so responsible.

— A L

Crumbs

LEFTOVER FOOD NEWS

They determine the state's political fate, but can they cook? That question will be answered at the first annual "Capital Cook-Off" at the **VERMONT FARM SHOW**'s Consumer Night on January 25. The show takes place at the Champlain Valley Expo in Essex Junction for the first time this year, moving from the Barre Civic Center to accommodate more vendors.

That evening, four team members each from the Vermont House, Senate and Agency of Agriculture will gather for an "Iron Chef"-style mystery-box challenge. In 45 minutes, teams must prepare a dish using at least three ingredients purchased from some of the 42 local farmers selling their wares at the event's first Buy Local Market. A panel of local judges will vote on the best bites, which will be announced on WCAX just before 7 p.m.

— A L

RUSTICO's in the Essex Shoppes & Cinema has closed, 18 months after its opening. The owners were not available for comment.

— C H

Sweet Clover Market
Open Daily 8 to 8
(802) 872-8288
OUR 2012 SANDWICH MENU
OR DESIGN YOUR OWN
at the Essex Shoppes & Cinema
#1 - CLUB ham, turkey, bacon, garlic mayo, American cheese, lettuce and tomato on white toast
#2 - TURKEY & GUAC with tomato & greens, maple balsamic vinaigrette in your choice of wrap
#3 - TURKEY & STUFFING with cranberry chutney and plain mayo on white bread
#4 - PULLED PORK with barbeque sauce and picnic slaw on a house roll
#5 - PASTRAMI & SWISS with picnic slaw and thousand island dressing on rye, hot or cold
#6 - WALDORF CHICKEN SALAD with brie, apple, dried cranberries and optional pecans, on your choice of wrap
#7 - HAM & BRIE with cranberry chutney on multigrain bread
#8 - ROAST BEEF & BLUE CHEESE with red onion and garlic mayo on house roll
#9 - HAM & PASTRAMI with pickles, swiss, mayo & mustard on a house roll, hot or cold
#10 - MARINATED VEGGIES in maple balsamic, grilled then topped with local chevre and greens in wrap of your choice
#11 - ROASTED ROOT VEGGIES red onion, cheddar, baby spinach & apple cider vinaigrette, in hot or cold wrap
#12 - HUMMUS OR TOFU with raw veggies of your choice, greens and sesame ginger dressing in wrap of your choice
FOR KIDS
GRILLED CHEESE
American or cheddar on wheat or white
KIDS' CLASSIC
Peanut or soy nut butter with organic jelly or Nutella or Fluff
local organic natural
www.sweetclovermarket.com



Bluebird cocktails make you smile

OUR BAR IS OPEN EARLY & LATE!

Afterwork

Monday - Friday

2:30 - 5:30

Enjoy our afterwork special $10 double burger and go ahead and put your feet up - you deserve it!

Late Night

every night.

bar open until 12am

The PLACE to gather with friends late (and still be able to carry on a conversation.)

BLUEBIRD TAVERN

Now located downtown

86 St Paul Street
Burlington, VT
(802) 540 1786

bluebirdvermont.com



Max Mackinnon

French Kiss

Taste Test: Pistou

BY CORIN HIRSCH

When I first saw pictures from Pistou's soft opening — of dishes decked out in foams, gels and wildly colored artistry — I wondered if molecular gastronomy had truly arrived in the Burlington space where Via Loma used to reside.

Chef Max Mackinnon, 25, is a native Vermonter who graduated from the French Culinary Institute in New York. His co-owner, Maji Chien, also 25, is fresh from the Manhattan restaurant scene, as well. Both are Middlebury College grads. Like any pair of energetic twentysomethings, they had a grand vision. They would offer breakfast, lunch *and* dinner, moving from house-baked scones in the morning to haute cuisine after dark, and marrying French and modern techniques to local, seasonal foods. They'd also sell a few of the finer provisions they use in a small retail area.

It sounded ambitious, sort of like prodigal son returns bearing Promethean foam. With comfort food still ruling the moment, I was curious to see how the plan would play out.

Because *Seven Days* usually waits a bit to review a new restaurant, I avoided Pistou at first, even though it's (tantalizingly) just down the street. For weeks after the resto's early December opening, I read longingly through every seductive menu item posted on Facebook: beer-braised short ribs with raclette cheese on a baguette, pan-seared cod cheeks, skate wing in brown butter. One afternoon, I sullenly picked at leftovers while fellow food writer Alice Levitt swooned over Pistou's chicken-liver mousse sandwich slathered with bacon, parsley and lemon zest.

The place became a lunch favorite for some in the *Seven Days* office. Even before I made it through the door, I could see Mackinnon and Chien had done something quite smart: tapped a solid lunch market while using their strongest culinary strokes to draw the dinner crowd. Unwittingly, perhaps, they created a genre buster — a lunch counter, restaurant and mini market rolled into one. It's a bistro in the best sense, though I'm not sure that word crossed its owners' minds as they planned their eatery.

After culinary school, Mackinnon spent time working with David Bouley and the team at Eleven Madison Park in Bouley's test kitchen. Earlier, in Vermont, he'd put in time with current Healthy Living Market butcher Frank Pace; his love of flesh shows on the menu.

Meanwhile, Chien moved to New York to work in publishing but gravitated to restaurants, as well, working at Bar Boulud and Danji, among others. At every place the two friends landed, they privately considered how they might do things differently. The idea of Pistou germinated from "the frustration of working with other people and executing their concepts," says Chien. The duo's ideas became concrete when Mackinnon mentioned that he had investors, as well as family, in Burlington. Maybe they should consider opening a place back there? "It was sort of perfect," says Chien.

Last fall, they rented the shuttered Via Loma location, painted it in cool tones and gradually implemented their shared vision of an elegant eatery that avoids excessive formality while delivering exquisitely composed plates based on an understated, seasonal menu.

Pistou's lunch offerings typically include four sandwiches, a fresh soup and one or two larger dishes. On a frigid early January day, I finally succumbed, piqued by the idea of quinoa on a Red Hen baguette with Spring Brook Farm Tarentaise and wilted Swiss chard. Though the parts sounded discordant, the combination worked. The quinoa was a nutty, buttery companion to the melted cheese and assertive chard (perhaps too assertive — I removed some of it). A pureed root-vegetable soup smelled faintly of North African spices and warmed my belly. I had both — a half sandwich and cup of soup — for $12.

Because Mackinnon scours the farmers market and buys produce directly from a few local farms, his ingredients tend to resurface in multiple dishes. On my return the next day, the same chard was offered on a baguette with duck, and the quinoa had migrated to a plate with lamb-rib chops and arugula salad ($14).

Inside, Pistou is cozy and intimate, if somewhat austere, with 33 seats at dark-wood tables and a small, L-shaped bar. The open kitchen gives off steam and clamor in one corner, and a few shelves offer gourmet provisions, such as truffle oil.

Continued after the classified section. PAGE 43

The lamb plate was simple — no sauce, no ornamentation — just two peppery and perfectly grilled chops, a handful of grains and greens dressed only with lemon juice and a kiss of oil. It was rustic and simple; the portion size, however, might not have sated a larger appetite.

In the evening, the lighting inside Pistou is pretty dim, which softens its ambience but also makes it hard to see the more artfully composed dinner dishes. My companion and I were presented with a tiny amuse-bouche — a cube of duck-orange aspic served alongside a single hazelnut. The flavors jangled against each other, but it was a nice touch.

The dinner menu is small and focused — a few appetizers, five entrées, and a charcuterie list of cured meats and local cheeses. Even so, we had trouble choosing — each dish had no more than four ingredients but still oozed imagination. As we dallied, I sipped a spicy, zinfandel-based red from the tiny wine list, mostly drawn from France and California.

Mackinnon and Chien have crafted an imaginative cocktail list that pairs rye with Galliano and thyme, for instance, or gin with Lillet and Gran Gala. The Perfect Start — a candy-colored, effervescent drink of Absolut vodka, Aperol, and both sweet and dry vermouths — tastes vaguely medicinal, but its slight bitterness gets the digestive juices flowing ($10).

Soon enough, small, saline clouds of Maplebrook burrata arrived at our table, arranged alongside earthy beets and crispy, almost ethereal polenta balls. A mince of vinegary leeks punched up this lip-smacking symphony of textures and flavors ($13).

A slate board came loaded with our charcuterie selections — generous portions of silky lardo and salame from New York City's Salumeria Biellese and ribbons of rich prosciutto rossa from Iowa's La Quercia (each $6), along with a few char-grilled triangles of Red Hen Cyrus Pringle. Lacking light, we almost missed the small pool of orange-blossom honey on a corner of the board. A table candle would have been welcome. Even in the dark, though, it was clear Mackinnon knows good meat. We gradually scraped every bit of fat from the board.

We could have left satisfied then, but entrées were still on the way. Enter beets again, this time tucked inside housemade, squishy agnolotti ($18) and blended with fresh ricotta that softened their power. Drizzled with a springlike spinach sauce, the dish was somewhat formless but tasted farm fresh.

Mackinnon's meat cred rose further with the exquisite sliced hanger steak — meltingly tender and soaked in a feather-light, earthy truffle jus, which also seeped around and seasoned buttery puréed potatoes ($24). And there was more chard, wilted and providing grassy notes.

Pistou's surprising juxtapositions don't end before dessert — pretzel ice cream is a staple here, and it's a luscious mound of salt, sugar and a hint of spice. The tart-sweet palate cleanser of blood-orange sorbet is a lighter way to finish off the meal — we tried both, for $3 each.

When I contacted Chien the next day to talk, she emailed back, "I hope you enjoyed your meal yesterday!" So much for anonymity. I don't think it mattered, though. Pistou is an unpretentious place with a no-fuss vibe. Service can be quite relaxed — the dishes arrived in staggered fashion, and the server didn't know the answers to some of the questions we asked. Empty water glasses went unreplenished for a time, too. Though this serves the laid-back atmosphere, a bit more snap would mirror the careful composition of the plates emerging from the kitchen.

Somewhere along the line, Pistou (probably wisely) dropped breakfast and Sunday lunch, so the staff can take a rest during the slow times. But the imaginative lunch served the rest of the week is the best way to dip your toe in Mackinnon's artistry — and it just might draw you back after dark. A young chef's oeuvre is bound to expand, and, a year from now — or three, or five — we may still be wondering, *What will the chef dream up tomorrow?*

SMALL, SALINE CLOUDS OF MAPLEBROOK BURRATA ARRIVED AT OUR TABLE, ARRANGED ALONGSIDE EARTHY BEETS AND CRISPY, ALMOST ETHEREAL POLENTA BALLS.

Pistou, 61 Main Street, Burlington, 540-1783

Now Hiring Hostess!
Tosciano
Cafe/Bistro
Rustic Mediterranean Cuisine
Beef Carpaccio with Baby Arugula, Scallops with Creamed Leeks, Ricotta Gnocchi with VT Chevre & More...
Romantic Dining ♥ Casual Atmosphere
27 Bridge St, Richmond
Tues-Sun • 434-3148

"Best Japanese Dining" — Saveur Magazine
SAN SAI
Japanese Restaurant
Reservations Recommended
112 Lake Street
Burlington
862-2777
Open Seven Days
from 11 AM
Chef-owned and operated
Largest downtown parking lot

CALEDONIA SPIRITS & WINERY
Thank you for your support
of Barr Hill gin & vodka
Available at your local restaurant,
the Burlington Winter Farmers Market,
and our distillery in Hardwick.
46 Buffalo Mtn Commons Rd (through Lamoille Valley Ford) Hardwick, Vermont 802 472 8000
www.caledoniaspirits.com

BURLINGTON
WINTER FARMERS' MARKET
JANUARY 21ST
We know money can be tight after the Holiday season. Clip this ad and bring it to the January 21st market for a $5 MARKET TOKEN that can be used at any of our Market Vendors! One coupon per person.
EBT/Debit Cards Now Accepted at the Market
Memorial Auditorium
Corner of Main Street & South Union
Every other week — November-April
10AM - 2PM
SEVENDAYSVT.COM
01.16-01.23.13
SEVEN DAYS

Say you saw it in... SEVEN DAYS
sevendaysvt.com
NOW IN 3D!

calendar

JANUARY 18-25, 2012

WED.18

agriculture

BACKYARD LIVESTOCK POLICY WORKSHOP Burlington's Urban Agriculture Task Force hosts a workshop to help shape the Queen City's municipal food system. McClure MultiGenerational Center Burlington. Light fare. 5:30 p.m.; workshop 6 p.m. Free. Info: 233-3609.

GROW YOUR OWN MUSHROOMS Eric Swanson of Vermush leads an examination of the fungus among us as he teaches folks to cultivate and grow mycelia into fungi. Hunger Mountain Co-op, Montpelier. 5-7 p.m. $10-12, preregister. Info: 223-8004, ext. 202, info@hungermountain.com.

business

KELLEY MARKETING MEETING Marketing, advertising, communications, social media and design professionals brainstorm ideas for local nonprofits over breakfast. Nonprofits seeking help apply online. Room 217, Ireland Building, Champlain College, Burlington. 7:45-9 a.m. Free. Info: 865-6495.

VBSR NETWORKING GET-TOGETHER Attendees learn about charitable giving at a Vermont businesses for Social Responsibility networking function. The Vermont Community Foundation, Middlebury. 5:30-7:30 p.m. Free. Info: 882-8347, ntab@vbsr.org.

comedy

IMPROV NIGHT Fun-loving participants play "Whose Line Is It Anyway"-style games in an encouraging environment. Spark Arts, Burlington. 8-10 p.m. $5 suggested donation. Info: 373-4703.

education

INFORMATION SESSION Would-be teachers, principals and school leaders take a lesson on the Upper Valley Educators Institute's certification programs. Upper Valley Educators Institute, Lebanon, N.H. 4:30 p.m. Free. Info: 603-678-4888.

fairs & festivals

STOWE WINTER CARNIVAL "The Greatest Stowe on Earth" hangs a multi-day lineup of wintry wonderment, from a snow golf tournament to an ice-carving festival. See stowewintercarnival.com for schedule. Various locations, Stowe. 9 p.m. Free for spectators; some entry fees for participants. Info: 777-5510.

film

MOUNTAINTOP HUMAN RIGHTS FILM FESTIVAL Seven days of films provoke optimism, anger and thought in a cinema celebration honoring Martin Luther King Jr. See mountaintopfilmfestival.com for films and event schedule. Big Picture Theater & Cafe, Wallsfield, 5-10 p.m. $8 per screening, $10 per film with special event. $30 for five tickets, $75 for 13 tickets. Info: 496-8994.

food & drink

POTLUCK & COMMUNITY GATHERING Neighbors fight the season's chill with chili — plus maple-sweet-potato soup, cornbread and pumpkin bread. O'Brien Community Center, Winooski. 5:30-7:30 p.m. Free; nonperishable food donations accepted for the local food shelf. Info: 655-4565.

THANK-YOUR-MENTOR BREAKFAST Burlington police Chief Michael Schirling keynotes Mobius, the Mentoring Movement's meal raising awareness for the positive impact of community mentoring. Hilton Hotel, Burlington. 7:30 a.m.-9 p.m. Free; preregister. Info: 652-1288.

WINTER SOUPS & STEWS Who cares for fish, game or any other dish? Eaters luck in to comforting bowls of pureed root vegetables, seafood cioppino and beef stew in a demonstration with Learning Center chef/instructor Nina Lesser-Goldsmith. Healthy Living, South Burlington. 5:30-8 p.m. $20; preregister. Info: 863-2589, ext. 1.

health & fitness

WINTER WELLNESS DAY Folks make a commitment to their health by attending balance and fall risk assessments, footwear and orthotic evaluations, a knee pain seminar, a nutrition workshop and more throughout the day. RehabGYM, Colchester. 8 a.m.-6:30 p.m. Free. Info: 861-0171.

YOGA PHILOSOPHY Meet a Earth Yoga's Russell Comstock details the fundamentals of this physical, mental and spiritual discipline. Come dressed to move. Room 109, Mahaney Center for the Arts, Middlebury College. 2 p.m. Free. Info: 443-3168.

kids

BABYTIME Crawling tots and their parents convene for playtime and sharing. Dorothy Alling Memorial Library, Williston. 10:30 a.m.-noon. Free; preregister. Info: 658-3659.

CHESS CLUB Kings defenders practice castling and various opening gambits with volunteer Robert Nichols. Kellogg-Hubbard Library, Montpelier. 5:30 p.m. Free. Info: 223-3338.

FAIRFIELD PLAYGROUP Youngsters entertain themselves with creative activities and snack time. Gent Northrop Memorial Library, Fairfield. 10-11:30 a.m. Free. Info: 527-5426.

HIGHGATE STORY HOUR Good listeners giggle and wiggle to age-appropriate lit. Highgate Public Library. 11:15 a.m.-12:15 p.m. Free. Info: 868-3970.

HOGWARTS HERDING SOCIETY Fascinated by fantasy? Book club members gab about the wizarding world of Harry Potter and other series. Ilsley Public Library, Middlebury. 3:30-4:30 p.m. Free. Info: 388-4097.

WED.18 » P.46

LIST YOUR UPCOMING EVENT HERE FOR FREE!
ALL SUBMISSIONS ARE DUE IN WRITING AT NOON ON THURSDAY BEFORE PUBLICATION. FIND OUR CONVENIENT FORM AT SEVENDAYSVT.COM/POSTEVENT.

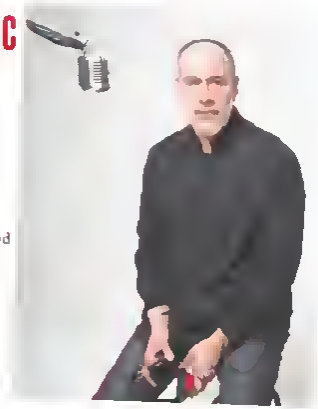
YOU CAN ALSO EMAIL US AT CALENDAR@SEVENDAYSVT.COM. TO BE LISTED, YOU MUST INCLUDE: THE NAME OF EVENT; A BRIEF DESCRIPTION; SPECIFIC LOCATION; TIME; COST; AND CONTACT PHONE NUMBER.

CALENDAR EVENTS IN SEVEN DAYS
LISTINGS AND SPOTLIGHTS ARE WRITTEN BY CAROLYN FOX. SEVEN DAYS EDITS FOR SPACE AND STYLE. DEPENDING ON COST AND OTHER FACTORS, CLASSES AND WORKSHOPS MAY BE LISTED IN EITHER THE CALENDAR OR THE CLASSES SECTION. WHEN APPROPRIATE, CLASS ORGANIZERS MAY BE ASKED TO PURCHASE A CLASS LISTING.

JAN.22 & 24 | MUSIC

Man Under Cover

In 1970, the Beatles split up. Simon & Garfunkel went their separate ways — for the first time, anyway. The year signified the end of a music era, but, as eras are wont to do, a new one was on its way in. Marc Cohn, the gravel-voiced singer now best known for "Walking in Memphis," spent much of that landmark year listening to music at his hometown record store, and his latest album, *Listening Booth: 1970*, flashes back to those formative tunes. Each reworked selection — Cat Stevens' "Wild World" is stripped down and swingy; Paul McCartney's "Maybe I'm Amazed" takes on a touch of country twang — makes the familiar fresh again.



COURTESY OF MARC COHN

MARC COHN
Sunday, January 22, 7 p.m., at Tupelo Music Hall in White River Junction. $50. Info: 603-437-5100, tupelohallvermont.com.

Tuesday, January 24, 7 p.m. at Spruce Peak Performing Arts Center, Stowe Mountain Resort. $45. Info: 760-4634, sprucepeakarts.org.

JAN.21 | MUSIC



COURTESY OF SHEESHAM AND LOTUS

Two Timers

Vintage horns and antique amplifiers dot the set. Two multi-instrumentalists do the hambone to harmonica music. "I'd safely say that we tend to live in a bubble of black-and-white photographs from the 1890s to 1930s," Sheesham Crow of Sheesham and Lotus told the *Kingston EMC* last June. That's for sure. The Ontario, Canada, duo have an affinity for all things old-timey — especially those from the American South Appalachian folk traditions and jug-band tunes from Memphis inform foot-stomping good live sets, like Saturday's at Bristol's WalkOver Gallery & Concert Room. Strap on your suspenders and tip your hats — old-fashioned is right in style.

SHEESHAM AND LOTUS
Saturday, January 21, 7:30 p.m. at WalkOver Gallery & Concert Room in Bristol. Rick Ceballos opens. $15; seating is limited to 50; call ahead to check on ticket availability. Info: 453-3188, walkover@mac.com.

JAN.20-22 | SPORT

Catch and Release

As the 20th annual Yankee Sportsman's Classic show proves, you don't have to be going to grandmother's house to tromp over the river and through the woods. In celebration of the state's hunting and fishing heritage, three days of exhibitors, seminars and hands-on trials bring together roughly 15,000 outdoor recreationists. Wildlife experts preside over 60-plus seminars on everything from bass angling to bear hunting. Birds of prey take flight under the watchful eye of master falconer Lorrie Schumacher, and good sports enter Saturday morning's turkey-calling competition. Kids can get in on the action, too. Hit up the archery shoot, 20-foot climbing wall or trout pond.

YANKEE SPORTSMAN'S CLASSIC SHOW

Friday, January 20, noon to 8 p.m.; Saturday, January 21, 9 a.m. to 7 p.m.; and Sunday, January 22, 9 a.m. to 5 p.m., at the Robert E. Miller Expo Centre, Champlain Valley Expo in Essex Junction. $3-10; $15 per three-day adult pass; free for kids under 3. Partial proceeds benefit Camp Ta-Kum-Ta. Info, 877-0033 or 238-7501; yankeeclassic.net.



COURTESY OF FRANK TANELY

JAN.21 | THEATER

The Group That Played With Satire



COURTESY OF THE GROUP

No one knows the Constitution like the politicos on Capitol Hill — so when a handful of Senate staffers quit their day jobs in 1981, they didn't hesitate to exercise the First Amendment. For them, that meant forming the Capitol Steps, a musical-theater troupe that lets free speech fly in satirical skits and sight gags, all fueled by the latest scandals and newspaper headlines. Just after their 30th anniversary, these political humorists — or "equal-opportunity satirists," as they've called themselves — unleash song parodies and new material in Rutland as part of their "Liberal Shop of Horrors" tour. Sing along to tales of pols and polls in this refreshingly irreverent news flash.

THE CAPITOL STEPS

Saturday, January 21, 8 p.m., at Paramount Theatre in Rutland. $24.50-34.50. Info, 775-0903; paramountvt.org.

WED 18 « P44

LET'S LEARN JAPANESE! Little linguists get a fun intro to the language and culture of the Land of the Rising Sun with Middlebury College student Jerry Romero. Ilsley Public Library, Middlebury, 4:30–5:30 p.m. Free. Info, 388-4097.

MARSHFIELD PLAYGROUP Games, nature activities, songs and stones amuse youngsters. Jaquith Public Library, Marshfield, 10–11:30 a.m. Free. Info, 426-3581, jaquithpublicllbrary@gmail.com.

MIDDLE SCHOOL BOOK CLUB Passionate readers recount their favorite works. Fletcher Free Library, Burlington, 3:30–4:30 p.m. Free. Info, 865-7216.

MOVING & GROOVING WITH CHRISYNE Two- to 5-year-olds jam out to rock and roll and world-beat tunes. Fletcher Free Library, Burlington, 11–11:30 a.m. Free. Info, 865-7216.

SKATER TOTS Little ones tighten their laces and become lords and ladies of the rink. Highgate Sports Arena, 10 a.m. Free. Skates and crates available on a first-come, first-served basis. Info, 868-3970.

music

MEZ/ORCHESTRA REHEARSAL Ronald Braunstein conducts this classical music ensemble composed of individuals with mental health issues and the people who support them. All ages and ability levels welcome for the start of the winter session. North End Studio A, Burlington, 7:30 p.m. Free. Info, 238-8369, mezorchestra@gmail.com.

VALLEY NIGHT Julian Chobot graces the lounge with his smooth jazz trio. Big Picture Theater & Café, Waitsfield, 7 p.m., $5 suggested donation. Info, 496-8994.

seminars

CHILDREN'S MISBEHAVIOR & HOW TO RESPOND EFFECTIVELY Teachers, parents and caregivers participate in a webinar addressing rebellious behavior and sibling rivalry. Montessori School of Central Vermont, Berlin, 7–8:30 p.m. Free. Info, 223-3320.

sport

NIGHT RIDERS Skiers and riders compete in the illuminated terrain parks for prizes. Bolton Valley Resort, 4:30–8 p.m. $18; includes lift ticket. $12 for season-pass holders. Info, 877-926-5866.

talks

DANNY LANDRY In "The Lake Champlain Bridge: A Look Back and to the Future," the project manager recaps the arch's construction at a dinner meeting of the Champlain Valley chapter of the Project Management Institution. Doubletree Hotel, South Burlington, 5:30–8:15 p.m. $25–35. Info, 735-5359.

LISA SAUSVILLE The Vermont Coverts member explains how and why the organization helps land owners maintain, enhance and create woodlands for wildlife. UVM Horticultural Research Center, South Burlington, 6–8 p.m. $10–20. Info, 864-3073.

MICHAEL ARNOWITT The internationally touring classical and jazz pianist analyzes words' rhythm, line breaks and pacing in "The Music of Poetry." River Arts Center, Morrisville, 7 p.m. Donations accepted. Info, 888-1261.

NANCY SONNES The speaker touches on brain health and relationships in "Creating the Life You Want to Live." Dorothy Alling Memorial Library, Williston, 5:30 p.m. Free. Info, 878-4918.

theater

"CALL ME ROBESON" Writer and performer Tayo Aluko pays tribute to classical singer, actor and civil rights activist Paul Robeson. Warner Bentley Theater, Hopkins Center, Dartmouth College, Hanover, N.H., 7 p.m. $10–28. Info, 603-646-2422.

"LES LIAISONS DANGEREUSES" Love is a cruel game in this deliciously wicked play based on the novel by Choderlos de Laclos and presented by Northern Stage. Briggs Opera House, White River Junction, 7:30 p.m. $30–60. Info, 296-7000.

words

COLCHESTER BOOK DISCUSSION Local author Josef Roubal discusses themes of evolution, sex and civilization as related to his new book *Thoughts & Theories*. Colchester, 6:30 p.m. Free; preregister; call for specific location. Info, 878-1048.

PAUL LUCIANO A silent movie plays as the local author and musician creates atmospheric melodies and recites from *Lanthan Mire: The Impending Consequence of Doom*, a fictional adventure story set on a lost planet. Jaquith Public Library, Marshfield, 7 p.m. Free. Info, 426-3581, jaquithpubllcllbrary@gmail.com.

THU.19

business

MEDIA MAVEN: FRESHEN UP YOUR COMMUNICATIONS STRATEGY Nonprofit organizations and activists give a boost to their marketing and outreach work. Channel 17 Studios, Burlington, noon–1:30 p.m. $10–15; preregister. Info, 862-1645, ext. 21.

community

PLANDTY SPEAKER SERIES A public presentation illuminates the regional and local housing picture — and what that means for the future of downtown and the waterfront. Town Hall, Williston, 7 p.m. Free. Info, 865-7188.

PUBLIC PRESENTATION ON CITY PLACE Residents hear about a proposed addition to downtown Barre's streetscape. Barre Opera House, 7 p.m. Free; preregistration appreciated. Info, 279-7518, barrecityplace@gmail.com.

THURSDAY NIGHT POTLUCKS. My precious! Twenty- and thirtysomethings screen *The Lord of the Rings* film trilogy in hour-and-a-half installments, followed by discussion. 25 Buell St., Burlington, 6–9 p.m. Free; bring a dish to share. Info, 861-3768, rachelstampul@gmail.com.

etc.

CHILDCARE REGULATION REVIEW COMMUNITY FORUM Parents, providers and community members weigh in on the Child Development Division's childcare licensing regulations, which are currently being revised. Essex Alliance Church, 6:30–8:30 p.m. Free. Info, 863-3367.

COMMUNITY BIKE SHOP NIGHT Steadfast cyclists keep their rides spinning and safe for year round.

BROWSE LOCAL EVENTS ON YOUR PHONE!
PRINT IT AT M.SEVENDAYSVT.COM ON ANY WI-FI-ENABLED CELLPHONE FOR FREE. UP-TO-THE-MINUTE CALENDAR EVENTS, PLUS OTHER NEARBY RESTAURANTS, CLUB DATES, MOVIE THEATERS AND MORE.

Major retailer purch… …view
By CATHY RUNYON
VT Pets has purchased … …xterior will
7664 Riverview Drive … …Graf and
… …n, for
… …ill
KORN PEARL JAM CHEVELLE POP EVIL DEFTONES
PANTERA TOOL AVENGED SEVENFOLD THREE DAYS GRACE
BUSH … …CAVO
EVANESCENCE … …POP EVIL
DROWNING … …NE SOUR
MUDVAYNE … …F MULL
ALELITA … …NE AGE
SLIPKNOT … …RELI
STAIND … …TURBEL
GOLDSMACK … …KILLET
RAGE AGAINST THE MACHINE RED BREAKING BENJAMIN
ATREYU NIRVANA STONE SOUR
BURLINGTON AND PLATTSBURGH'S ROCK STATION
102.3 THE WIRE
HIGH VOLTAGE ROCK

pedaling. FreeRide Bike Co-op, Montpelier, 6–8 p.m. Donations accepted. Info, 552-3521.

LADIES NIGHT At an instructional clinic with Swix's Sadra Davison, local women swap backcountry tips and experiences. Outdoor Gear Exchange (OGE), Burlington, 6 p.m. Free. Info, 865-547-4327.

MOUNT MANSFIELD SCALE MODELERS Hobbyists break out the superglue and sweat the small stuff at a miniature-construction skill swap. Brownell Library, Essex Junction, 6:30–8:30 p.m. Free. Info, 879-0765.

film

FOOD FOR THOUGHT FILM SERIES Foodie film buffs screen *Fresh*. Ana Sofia Joanes' 2009 documentary about the people forging a new, sustainable food system. Thatcher Brook Primary School, Waterbury, 7 p.m. Donations accepted.

INDEPENDENT LENS SERIES Sharon La Cruise's *Daisy Bates: First Lady of Little Rock* chronicles the civil rights activist's efforts to desegregate an all-white high school. Catamount Arts Center, St. Johnsbury, 7 p.m. Free. Info, 748-2600.

MOUNTAINTOP HUMAN RIGHTS FILM FESTIVAL. See WED 18. 5:30 p.m.

"TWIN PEAKS: FIRE WALK WITH ME" Academy Award–nominated director David Lynch's 1992 psychological horror film concerns the murder of one woman and the final week in the life of another. BCA Center, Burlington, 7 p.m. Donations accepted. Info, 865-7166.

food & drink

BEATING THE SUGAR BLUES Got a sweet tooth? Health coach Marie Frohlich clarifies the sources of the sugars we ingest and introduces sweeteners such as rice syrup and raw honey. City Market, Burlington, 5:30–7 p.m. Free; preregister. Info, 861-9700.

health & fitness

HEALTHY PEOPLE, HEALTHY PLANET A six-week reading and discussion series explores the link between human health and the environment. Topics include preventative medicine, eating well, household toxins and more. Quechee Public Library, 6:30–8 p.m. $15 for guidebook; preregister. Info, 295-1232, quelibra@sover.net.

HEALTHY PEOPLE, HEALTHY PLANET: BRADFORD The Bradford Conservation Commission hosts a six-week discussion group. Bradford Public Library, 6:30–8 p.m. $10 for guidebook; preregister. Info, 222-4536, bradfordpubliclibrary@gmail.com.

kids

EARLY-LITERACY STORY TIME Weekly themes educate preschoolers and younger children on basic reading concepts. Westford Public Library, 11 a.m. Free. Info, 878-5639, westford_pl@vals.state.vt.us.

FLETCHER PLAYGROUP Little ones make use of the open gym before snacktime. Fletcher Elementary School, Cambridge, 9:30–10:30 a.m. Free. Info, 527-5426.

FRANKLIN STORY HOUR Lovers of the written word perk up for read-aloud tales and adventures with lyrics. Haston Library, Franklin, 10:30–10:45 a.m. Free. Info, 527-5426.

MUSIC WITH B. APHAEL Preschoolers up to age 5 bust out song and dance moves to traditional and original folk music. Dorothy Alling Memorial Library, Williston, 10:30 a.m. Free. Info, 878-4918.

OPEN COMPUTER TIME Teens play games and surf the web on library laptops. Fletcher Free Library, Burlington, 3:30–5 p.m. Free. Info, 865-7216.

WINTER MYSTERIES Nature detectives find clues to answer a few head scratchers about what animals do in the coldest months of the year. Green Mountain Audubon Center, Huntington, 10–11 a.m. $8–10 per adult/child pair; $4 per additional child; preregister. Info, 434-3068.

music

IGLOOFEST This outdoor dance party attracts close to 60,000 concertgoers as regional and international electronic musicians heat up the night. Jacques-Cartier Quay at the Old Port of Montréal, 6:30 p.m. $12.15 for all shows; $60-75 per pass. Info, 514-904-1247.

TALLGRASS GETDOWN Johnson's acoustic foursome produces "alkaliclous" boogies. Stearns Performance Space, Johnson State College, 9 p.m. Free. Info, 635-1476.

seminars

BARE DOWN, SIMPLIFY & DECLUTTER Mary Jane Rehm shares tips for cleaning up your pad, using organizational tricks, simple design and calming colors. Hunger Mountain Co-op, Montpelier, 6:30–7:30 p.m. Free; preregister. Info, 223-6004 ext. 202, info@hungermountain.com.

SPEND SMART Vermonters learn savvy skills for stretching bucks and managing money. Champlain Valley Office of Economic Opportunity, Burlington, 6–8 p.m. Free. Info, 860-1417 ext. 114.

sport

TELE THURSDAYS It's all downhill as folks try out free-heel skiing with the crew from Eastern Mountain Sports. Bolton Valley Resort, 5–8 p.m. Regular lift ticket prices apply; reservations suggested to reserve demo equipment. Info, 877-325-5866.

WINTER DEW TOUR Top free ski and snowboard athletes duke it out in four days of slopestyle and superpipe events. Killington Grand Resort Hotel, 9:30 a.m.–6 p.m. Free. Info, 422-6200.

talks

ADAM WEINBERG The president and CEO of World Learning steps up to the plate with current issues in "Cultivating Leadership Around Critical Global Issues." Doubletree Hotel, South Burlington, noon–1:30 p.m. $35; includes lunch; preregister. Info, 861-2343.

BOOKED FOR LUNCH Author and professor Elise Guyette recalls the research behind her latest book, *Discovering Black Vermont: African American Farmers in Hinesburgh, 1790 to 90*. Fletcher Free Library, Burlington, noon–1 p.m. Free. Info, 863-3403.

ECOS SPEAKER SERIES Maura Collins, policy and planning manager of the Vermont Housing Finance Agency, reviews the findings of its Chittenden County Housing Report, which includes housing costs, stock and fairness. Town Hall, Williston, 7 p.m. Free. Info, 846-4490 ext. 21.

GLORIA HOBSON The taxpayer advocate from the Vermont Department of Taxes highlights recent changes in the state's federal tax law, just in time to kick off tax season. New England Federal Credit Union, Williston, 5:30–7:30 p.m. Free; preregister. Info, 879-8790.

BOBBI KIDD Rural Vermont's organizer discusses the recent launch of a local food sovereignty campaign. Kellogg-Hubbard Library, Montpelier, 6–8 p.m. Free. Info, 223-3338.

BOBY JACKSON In "Ghana Be," Rory Jackson and the Trinity Yard School" the artist and Addison County native talks about the free West African school he founded for 15- to 22-year-olds. Lawrence Memorial Library, Bristol, 7–8:30 p.m. Free. Info, 453-4147.

theater

"LES LIAISONS DANGEREUSES" See WED 16. 7:30 p.m.

"THE INTERGALACTIC NEMESIS" Three actors, a Foley artist and a keyboardist bring comic book scenes to life in a live-action graphic-novel performance about the forthcoming monster invasion of planet Earth. Flynn MainStage, Burlington, 7:30 p.m. $15–35. Info, 863-5966.

words

AFTERNOON POETRY & CREATIVE WRITING GROUP Scribes come together for an artistic exploration of the inner voice led by lit lover Janie Mardis. Champlain Senior Center, McClure

THU 19 » F 46

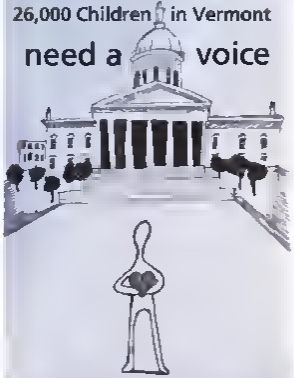
DOUZO
Japanese steak house, sushi bar and Thai cuisine
20% OFF DINNER
10% OFF LUNCH
2033 Essex Rd • Williston • 878-1288

HANA
Hibachi Japanese Steakhouse
WINTER SPECIAL
30% OFF
Dine-In Only One Per Table
1128 Mountain Rd • Stowe • 253-8878



Starry Night Cafe
"DINNER JAZZ"
SUNDAY, JANUARY 29TH
6:00 - 8:00PM
ENJOY AN EVENING OF PIANO JAZZ
FEATURING
JUSTIN ROSE & TOM CLEARY
RESERVATIONS WELCOMED!
5371 RT 7, NORTH FERRISBURGH
1/4 MILE SOUTH OF OAKIN FARM
877-6316 • STARRYNIGHTCAFE.COM

We are looking for
VOLUNTEERS
for the
MAGIC HAT
MARDI GRAS
PARADE
Saturday, MARCH 3RD, 2012
Call or Email JEANNE
at HOPE WORKS (formerly Women's Rape Crisis Center)
(802) 864-0555 X 25 JEANNE@HOPEWORKSVT.ORG
Individuals OR Groups Welcome!
For more details check out MAGICHAT.NET
Take Home a FREE Float Patrol Commemorative T-Shirt
Volunteers must be over 18

WWW.KIMFORNEY.COM
26,000 Children in Vermont need a voice

WWW.VOICESFORVERMONTCHILDREN.COM


This moment brought to you by your spine.
Take good care of it with chiropractic.
RUSHFORD FAMILY CHIROPRACTIC
100 Dorset Street, Suite 21 • 860-3336
www.rushfordchiropractic.com

ARTISANS HAND
Contemporary Vermont Crafts
annual winter SALE
January 20~ January 29
10 days of deals and discounts
Our famed seconds! ~up to 20% off selected crafts!

89 Main at City Center, Montpelier
VERMONT STATE CRAFT CENTER
artisanshand.com
online gifts and registry

calendar

THU 19 « P 47

MultiGenerational Center, Burlington. 2-3:30 p.m. Free. Info, 658-3585.

'NEW ENGLAND REVIEW' VERMONT READING SERIES Stephen Kleman, Daniel Lusk, Neil Shepard and Chloe Joan Lopez share poetry collections, nonfiction, essays and articles. Carol's Hungry Mind Cafe, Middlebury. 7 p.m. Free. Info, 388-0101 ner vermont@gmail.com.

EXTEMPO: LIVE ORIGINAL STORYTELLING Amateur raconteurs deliver polished, first-person, 5-to-7.5 minute-long true stories at an open-mic evening, sans note cards. Tulsi Tea Room, Montpelier. 6 p.m. Free to participants (sign up in advance); $5 otherwise. Info, 223-0043.

FRI.20

art

POINT-AND-SHOOT PLEASURES Shutterbugs bring their own cameras to become familiar with the dials, buttons and menus with instructor Bryan Pfeiffer. First Baptist Church, Montpelier, 7-9 p.m. $10. Info, 454-4640.

SENIOR ART CLASSES Folks ages 55 and up explore drawing, pastels, oil and acrylic paints, printmaking, collages and sculpture while discussing basic design concepts such as shape, texture and color. Shelburne Bay Senior Living Community, 1:30-3:30 p.m. $10; preregister. Info, 864-0604.

dance

BALLROOM LESSON & DANCE SOCIAL Singles and couples of all levels of experience take a twirl. Jazzercize Studio, Williston, lesson, 7-8 p.m.; open dancing, 8-10 p.m. $14. Info, 862-2269.

ENGLISH COUNTRY DANCE Those keen on Jane Austen's favorite pastime make rural rounds to music by Frost and Fire. All dances are taught. Elley-Long Music Center, St. Michael's College, Colchester. 7-9:30 p.m. $5-8; bring finger food to share. Info, 899-2378.

fairs & festivals

STOWE WINTER CARNIVAL See WED 18. 9 a.m.-8 p.m.

film

BRITISH ARROW AWARDS: THE BEST 2011 UK COMMERCIALS Judges whittled down 1000 sub missions to 150 ads worth watching. Ivan Tenjeric ers to micro-epics. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H. 7 p.m. $5-8. Info, 603-646-2422.

FILM TRAILER DEBUT & TALK Burlington film maker John Sinnma shares clips of his new work, *The Resurrection of Victor Jara: A Documentary on the Life and Legacy of a Folk Music Legend*. Wine and food samples provided. Maglianero Café, Burlington. 7-9 p.m. $10-20. Info, 861-3155.

'MOTHER NATURE'S CHILD': GROWING OUTDOORS IN THE MEDIA AGE Vermont filmmaker Camilla Rockwell's documentary addresses youth's increas ing distance from the natural world. A panel discussion follows. Lake Champlain Waldorf School, Shelburne, 7 p.m. $5. Info, 985-2827.

food & drink

GO VEGAN! Demo coordinator Genda Lederer whips up inventive sonnes of protein and creative uses of grains and veggies. Samples include soy sausage casserole, tofu egg salad and black rice coconut pudding. Healthy Living, South Burlington, 5:30-8 p.m. $20; preregister. Info, 863-2569, ext. 1.

health & fitness

ALBURGH WALKING GROUP Neighbors in clean-soled shoes take strides and socialize. Albugh Volunteer Fire Department, 10-11 a.m. Free. Info, 865-0360.

GENTLE YOGA FOR EVERYONE Yogis ages 55 and up participate in a mostly seated program presented by Champlain Valley Agency on Aging's Neighbor-to-Neighbor AmeriCorps program. Winooski Senior Center, 10-11 a.m. Free. Info, 865-0360, ext. 1049.

THE ALEXANDER TECHNIQUE Instructor Katie Black shares a method to remedy postural habits and natural coordination in order to improve well-being and relieve chronic pain. Hunger Mountain Co-op, Montpelier. 6-7:30 p.m. $3-5; preregister. Info, 223-8004, ext. 202. info@hungermountain.com.

kids

CHILDREN'S STORY HOUR Read-aloud works give young ones an appreciation of the written word. Bradford Public Library, 10 a.m. Free. Info, 222-4536, bradfordpubliclibrary@gmail.com.

COMMUNITY PLAYGROUP Kiddos convene for fun via crafts, circle time and snacks. Health Room Bellows Free Academy, Fairfax, 9-10:30 a.m. Free. Info, 527-5426.

DUNGEONS & DRAGONS Imaginative XP earners in grades 9 and up exercise their problem-solving skills in battles and adventures. Brownell Library, Essex Junction, 6-8 p.m. Free. Info, 878-6955.

ENOSBURG FALLS STORY HOUR Young ones show up for fables and occasional field trips. Enosburg Public Library, 9-10 a.m. Free. Info, 933-2328.

MIDDLE SCHOOL BOOK GROUP Page turners chat about favorite works at lit. Lyman C. Hunt Middle School, Burlington, 3:15-4:15 p.m. Free. Info, 865-7216.

MONTGOMERY TUMBLE TIME Physical fitness activities help build strong muscles. Montgomery Elementary School, 10-11 a.m. Free. Info, 527-5426.

SIGN A STORY Babies and toddlers up to age 4 listen to tall tales as the reader spells out keywords in American Sign Language. Fletcher Free Library, Burlington, 11-11:30 a.m. Free. Info, 865-7216.

SWANTON PLAYGROUP Kids and caregivers squeeze in quality time over imaginative play and snacks. Holy Trinity Episcopal Church, Swanton, 10-11:30 a.m. Free. Info, 527-5426.

TODDLER YOGA & STORIES Tykes up to age 5 stretch it out in simple exercise and reading activities. Dorothy Alling Memorial Library, Williston, 10:15 a.m. Free. Info, 878-4918.

music

DAN SILVERMAN/COREY GATOS QUARTET Trombone fueled jazz graces the Feel Good Living Room. Blisswerks Consignment Shop, Hinesburg, 7-9 p.m. Free. Info, 482-5800.

IOLOOFEST See THU 19. 6:30 p.m.

THE CHAD HOLLISTER BAND This Burlington pop-rock band has opened for Bob Dylan, Phish, Paul Simon and others. Stearns Performance Space, Johnson State College, 9 p.m. Free. Info, 635-1474.

WILLIAM PORTER In "Kaleidoscopic Sounds of the Pipe Organ" the musician performs a repertoire designed for the cathedrals Wilhelm organ, St. Pauls Cathedral, Burlington. 7:30 p.m. $10-20; free for ages 15 and under. Info, 864-0471.

outdoors

SNOWSHOE BOMP! Winter walkers disperse their weight with strap-on footwear for a lantern-lit excursion. Hot chocolate, a bonfire and ice cream, follow. Old Shelter Hubbard Park, Montpelier. 6-8 p.m. Free. Info, 229-5401, events@onionriver.com.

sport

WINTER DEW TOUR See THU 19. 9:30 a.m.-11 p.m.

YANKEE SPORTSMAN'S CLASSIC SHOW Take a break from the fields and streams to celebrate the state's hunting and fishing heritage through interactive climbing, shooting and catching activities — plus more than 50 free seminars and nearly 175 exhibitor booths. See calendar spotlight. Robert E. Miller Expo Centre, Champlain Valley Expo, Essex Junction, noon-8 p.m. $3-10; $15 for three-day pass; free for kids under 3. Info, 877-0033 or 238-7501.

talks

BILL EGGY Video footage of the latest royal wed ding screens before this speaker delves into a brief history of England: the monarchy and more. Faith United Methodist Church, South Burlington, 7-9 p.m. Free. Info, 863-6764.

DREW PETERSON Halfway through hiking the Rockies' highest mountains, this stewardship volunteer shares photographs and stories of mountain goats, crystalline lakes and tricky climbs in "Chasing the Colorado Fourteeners." Capital City Grange, Montpelier. 7 p.m. $6-8; free for kids under 12. Info, 244-7037.

NICK PARADIS Drawing on study trips to the Scottish Highlands, the UVM ecologist compares the region's landscape features and conserva tion efforts with those of New England. Unitarian Church, Montpelier. 7:30 p.m. Donations accepted. Info, 223-6206.

theater

'LES LIAISONS DANGEREUSES' See WED 18. 7 p.m.

NATIONAL THEATRE OF LONDON LIVE. History inspires John Hodges' Collaborators, in which a man is tasked with writing a play about Stalin in the dangerous political climate of 1938 Moscow. The production is broadcast from London via big screen. Lake Placid Center for the Arts, N.Y. 7:30 p.m. $12-16. Info, 518-523-2512.

'NEAR/FAR' Text sourced from Facebook posts and old-fashioned letters helps shape Steel Cut Theatre's brand-new performance piece about what brings people together — or keeps them apart. Burlington Dances, Chace Mill. 8 p.m. $10. Info, 654-7411.

words

BOOK DISCUSSION Hardwick's Jason Millec, who leads a media-limited life, sparks a conversation about Nicholas Carr's *The Shallows: What the Internet is Doing to Our Brains*. Craftsbury Public Library. 6:30 p.m. Free. Info, 586-9683, craftsburypl brary@gmail.com.

BROWN BAG BOOK CLUB Readers analyze Kazuo Ishiguro's *When We Were Orphans*, a suspense-ful novel about a man who travels to Shanghai in hopes of solving his parents' disappearances more than 20 years before. Dorothy Alling Memorial Library, Williston. 12:30-1:30 p.m. Free. Info, 878-4918.

COLCHESTER BOOK DISCUSSION See WED 18. 6:30 p.m.

KATE O'CONNOR & HOWARD DEAN The longtime aide to the politician appears with him in support of her new memoir, *Do the Impossible: My Crash Course on Presidential Politics Inside the Howard Dean Campaign*. Northshire Bookstore, Manchester. 6 p.m. Free. Info, 279-0233, kateoconnorvt@gmail com.

SAT.21

agriculture

INDOOR GARDENING WORKSHOP Gardening guru Peter Burke teaches locavores the steps to harvest ing fresh greens in seven to 10 days with only a cupboard and a windowsill. Essex Junction Senior Center. 3-4:30 p.m. Free. Info, 879-6701.

community

ORVIL'S BOWL SPEEDWAY TOWN MEETING Stock car competitors voice their opinions about the divisional rulebooks for the 2012 season and promotional ideas for the racetrack and drivers. Holiday Inn, Rutland, modified division meeting, 1 p.m.; late-model group, 2 p.m.; eight-cylinder

mobile
BROWSE LOCAL EVENTS ON YOUR PHONE!
CONNECT TO M.SEVENDAYSVT.COM ON ANY WEB-ENABLED CELLPHONE FOR FREE UP-TO-THE-MINUTE CALENDAR EVENTS, PLUS OTHER NEARBY RESTAURANTS, CLUB DATES, MOVIE THEATERS AND MORE.

Renegades, 3 p.m. four-cylinder Bombers, 4 p.m. Free. Info 265-3112, devilstowlspeedway@gmail.com

crafts

SENIOR CRAFT CLASSES. Folks ages 55 and up experiment with applied decoration — flower arranging, jewelry making, glass painting and more — while discussing design concepts and color. Shelburne Bay Senior Living Community, 10:30 a.m.-12:30 p.m. $10. preregister. Info, 864-0604.

dance

BREAK-DANCING WORKSHOP. B-boy Calvin Walker of the Rhythm Riderz busts out hip-hop moves with folks ages 8 and up. North End Studio B, Burlington, 1-2:30 p.m. Free. Info, 863-6713.

CAPITAL CITY CONTRA DANCE. Steppers move their feet to tunes by Morning Star and calling by Will Mentor. Wear clean, soft-soled shoes. Capital City Grange, Montpelier. 8 p.m. $8. Info, 744-6183.

"DEAR PINE" PREVIEW. Dance artist in-residence Hannah Dennison and fellow choreographers Hanna Satterlee and Amy LePage share elements of the dance/theater tribute to Pina Bausch. Contemporary Dance & Fitness Studio, Montpelier, 7 p.m. $5-10 suggested donation. Info, 229-4675.

education

CENTRAL VT HIGH SCHOOL INITIATIVE MEETING. Folks learn about the alternative Waldorf education by experiencing a hands-on lesson and discussing the tasks and roles of the Steering Committee. Wellspring Waldorf School, Tunbridge, 3-5:30 p.m. Free. preregister. Info, info.cvhsi@gmail.com.

etc.

BIRTHDEY BESH. Loyal customers and motorcycle enthusiasts eat cake on the store's fourth anniversary. Entertainment includes a book signing with Rusty DeWees, a prize wheel and the opening of the new customer lounge. Green Mountain Harley-Davidson, Essex Junction, 10 a.m.-4 p.m. Free. Info, 878-4778.

BOSTON RED SOX ORGANIZATION VISIT. Take me out to the ball game! Sox-themed activities include giveaways, visits with Wally the Green Monster, face painting, balloon art and a "Sing Your Way to Fenway" national anthem-singing contest. Center Comt, University Mall, South Burlington. 10 a.m.-4 p.m. Free. Info, 863-1066, ext. 11.

"CHARLIE AND KIWI'S EVOLUTIONARY ADVENTURE" EXHIBITION OPENING. Visitors discover the evolutionary link between modern birds and dinosaurs through a digital storybook screen, an interactive computerized exhibit station and hands-on activities. Montshire Museum of Science, Norwich, 10 a.m.-5 p.m. Regular admission, $10; 12 & free for members and children under 2. Info, 649-2200.

CHINESE NEW YEAR CELEBRETION. As the Year of the Dragon begins, folks of all ages learn about Chinese culture in art and eating activities. Ilsley Public Library, Middlebury, 11 a.m.-1 p.m. Free. Info, 388-4097.

fairs & festivals

STOWE WINTER CARNIVAL. See WED.18, 1:10 p.m.

film

"CARLOS". Olivier Assayas' five-hour-long French miniseries — screened in chronological parts at 2 p.m., 4 p.m. and 8 p.m. — chronicles the rise of Venezuelan revolutionary Ilich Ramírez Sánchez. Dana Auditorium, Sunderland Language Center, Middlebury College. Free. Info, 443-3168.

"PAUL GOODMAN CHANGED MY LIFE". Jonathan Lees' 2011 documentary looks at the life of the intellectual behind *Growing Up Absurd*. Loew Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H. 7 p.m. $5-7. Info, 603-646-2422.

WOODSTOCK FILM FESTIVAL WINTER SERIES. *Nomad's Land: In the Footsteps of Nicolas Bouvier* documents filmmaker Gaël Métroz's journey through the Middle East and Asia, with the works of a 20th-century Swiss traveler as his guide. Billings Farm & Museum, Woodstock, 3 p.m. $4-10. Info, 457-2355.

food & drink

ANNUAL GAME SUPPER. A feast featuring moose, deer and more benefits the Knights of Columbus charity fund. Are you game? St. Pius X Parish, Essex Junction, 5:30-6:30 p.m. & 6:30-7:30 p.m. $6-15. Info, 878-8314.

BURLINGTON WINTER FARMERS MARKET. More than 50 local farmers, artisans and producers offer fresh and prepared foods, crafts and more in a bustling indoor marketplace with live music, lunch seating and face painting. Memorial Auditorium, Burlington, 10 a.m.-2 p.m. Free. Info, 310-5172, info@burlingtonfarmersmarket.org.

CAPITAL CITY WINTER FARMERS MARKET. Root veggies, honey, maple syrup and more change hands at an off-season celebration of locally grown food. Gymnasium, Vermont College of Fine Arts, Montpelier, 10 a.m.-2 p.m. Free. Info, 223-2958, manager@montpelierfarmersmarket.com.

HOMEMADE SAUERERAUT. Farmers market shoppers shred cabbage, pack it down with salt and let lacto-fermentation take the reigns. Memorial Auditorium, Burlington, 10 a.m.-2 p.m. Free. Info, 861-9700.

health & fitness

ACRO YOGA MONTRÉAL. Various dance forms thread through a beginner-friendly workshop of group and partner exercises for ages 14 and up. Laughing River Yoga, Burlington, 1-3 p.m. $25. preregister. Info, 324-1737.

TRANSFORM YOUR LIFE IN 2012. Embrace the new year by creating a new you. Attendees learn about Shaklee Corporation's natural, clinically tested solutions for nutrition, green living and general good health. Hampton Inn, Colchester, noon-2 p.m. Free. Info, 899-5442.

kids

DROP-IN FAMILY SKI & SNOWSHOE PROGRAM. Weather permitting, kids and adults get some fresh air and exercise. Hot chocolate and art activities also provided. Schmanska Park, Burlington, 1-4 p.m. Cost of rentals. Info, 864-0123.

EVERYBODY WINS! READ-A-THON. Folks of all ages don reading glasses for some serious page turning as they attempt to break last year's record of 823 books read in one hour. National Life Building, Montpelier, 1-3:30 p.m. Free. Info, 229-2685.

FEIRFAX TUMBLE TIME. Tots burn off some energy in an open gym. Special play area for infants provided. Bellows Free Academy, Fairfax, 10-11:30 a.m. Free. Info, 527-5426.

music

IGLOOFEST. See THU.19, 8:30 p.m.

LEWIS FRANCO & THE BROWN-EYED GIRLS. Louisa Franco and Halle Toulis join the Vermont songwriter in concert. Private home, Marshfield, 7 p.m. $10 suggested donation. Info, 426-3955.

ONION RIVER CHORUS. Brian Webb conducts a concert of early baroque music by Monteverdi, Cavalli, Lotti, Marenzio, and Alessandro and Domenico Scarlatti. Presbyterian Church, Barre, 7:30 p.m. $8-12; $25 per family. Info, 476-4300.

ROCK FOR LUCAS. Why Not? Cheap Side, Divide by Zero and Bryan Myers make music to help community member Lucas LaFrance and his family re-coup medical expenses as he awaits a liver transplant. Grange Hall, Milton, 6-10 p.m. $5. Info, 338-2397.

SHEESHAM AND LOTUS. Old-time music abounds at this toe-tapping journey through fiddle tunes, harmonica duets, clogging and physical comedy. See calendar spotlight. WalkOver Gallery, Concert Room, Bristol, 7:30 p.m. $15. Info, 453-3188, walkover@mac.com.

SAT.21 » P.50



Take Back Democracy End Corporate Rule

Protest the 2nd anniversary of the

Citizens United Ruling

Come & let your voice be HEARD!

JANUARY 20, FRIDAY
11:30am March from the Democracy Memorial, Main Street to Federal Bldg. for noon rally, Burlington
3-4pm Rally at the State House, Montpelier

JANUARY 21, SATURDAY
4pm Corporations ≠ People
Panel at City Hall, Burlington

Panelists: Ginny Lyons, VT State Senator; Jerry Greenfield, Co-founder of Ben & Jerry's; Dan Barrett, staff attorney, VT ACLU; Aquene Freechild, Beauty Organizer of Public Citizen's Democracy for People Campaign

More info: 863-2345 x3. Sponsored by Public Citizen, Women's International League for Peace & Freedom, and Peace & Justice Center



SAT 21 « P49

outdoors

EVENING SLEIGH RIDES Pat Palmer of Thornapple Farm and a team of Percheron draft horses lead a celestial ride under the winter sky, weather permitting. Shelburne Farms; rides depart at 5 p.m., 6:45 and 7:30. $7-15; free for kids under 3; preregister. Info, 985-8686.

SLED DOG RIDES Sleigh-pulling canine teams cart passengers over snow or ice. Robert Miller Community & Recreation Center, Burlington, 1-3 p.m. $35 per family; preregister. Info, 864-0123.

SLEIGH RIDES Weather permitting, jingling horses trot visitors over the snow and rolling acres. Shelburne Farms, 11 a.m., 2 p.m. $6-8; free for kids under 3. Info, 985-8442. Rides depart every half hour from the Welcome Center.

WALK WILLISTON Those in practical footwear pound a half-mile path through the woods with an environmental educator. Binoculars and beverages provided. Allen Brook Nature Trail, Williston, 10 a.m.-noon. Free. Info, 863-5744.

sport

FACE OFF AGAINST BREAST CANCER HOCKEY TOURNAMENT Twelve women's hockey teams from all over the state take to the ice to raise funds for the Cancer Patient Support Program's patient services and emergency fund. Memorial Sports Center, Middlebury, 9:40 a.m.-5:45 p.m. Donations and sponsorships accepted. Info, 989-0376 or 989-0039.

NEK SNOWMOBILE DRAG RACING Speedy racers catch some snow around a 660-foot track. Route 114 North, Lyndonville; registration and tech inspection, 7-9 a.m.; race meeting, 9 a.m.; races begin, 9:30 a.m. $5 general admission; $20 entry fee plus $10 insurance. Info, 535-6802, lyndonsnocruisers@hotmail.com.

PLATTSBURGH ROLLER DERBY PUBLIC SCRIMMAGE The North Country Lumber Jills roll up against the Black Ice Brawlers in a sneak preview of their 2012 season. City Recreation Center, Plattsburgh, N.Y., 5-9 p.m. Donations accepted. Info, 518-578-0645.

WINTER DEW TOUR See THU.19. 9:30 a.m.-6 p.m.

YANKEE SPORTSMAN'S CLASSIC SHOW See FRI.20, 9 a.m.-7 p.m.

talks

DONALD WICKMAN The historian regales listeners with "One Regiment's Story in the Civil War: The Ninth Vermont, 1862-65." Dorothy Alling Memorial Library, Williston, 1 p.m. Free; preregister. Info, 878-4918.

PANEL DISCUSSION: CORPORATIONS ARE NOT PEOPLE On the national day of action against the Citizens United ruling, panelists Dan Barratt, Aquene Freechild, Ginny Lyons and others consider its local and national implications. Burlington City Hall Auditorium, 4:5:30 p.m. Free. Info, 863-2345, ext. 1.

theater

'COMEDY THAT WORKS' Funnyman Brent McCoy delivers laugh-out-loud circus stunts suitable for all ages. Vergennes Opera House, 7 p.m. $5-8; free for kids under 2. Info, 877-6737.

'LES LIAISONS DANGEREUSES' See WED.18, 7:30 p.m.

THE CAPITOL STEPS Political satirists from Washington, D.C., sandwich favorite songs and skits based on the latest news headlines. See calendar spotlight. Paramount Theatre, Rutland, 8 p.m. $24.50-34.50. Info, 775-0903.

'THE DRAGON KING' Tanglewood Marionettes celebrate the Chinese New Year — the Year of the Dragon — with a puppet production of an ancient folktale. Alumni Hall, Hopkins Center, Dartmouth College, Hanover, N.H., 11 a.m. Free. Info, 603-646-2010.

THE METROPOLITAN OPERA: LIVE IN HD: CATAMOUNT ARTS CENTER David Daniels, Joyce DiDonato, Danielle de Niese and Placido Domingo star in a broadcast screening of *The Enchanted Island*. Catamount Arts Center, St. Johnsbury, 12:55 p.m. $16-23. Info, 748-2600.

THE METROPOLITAN OPERA: LIVE IN HD: LOEW AUDITORIUM See above listing. Loew Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 1 p.m. $10-29.50. Info, 603-646-2422.

THE METROPOLITAN OPERA: LIVE IN HD: PALACE 9 See above listing. Palace 9 Cinemas, South Burlington, 12:55 p.m. $18-24. Info, 660-9300.

THE METROPOLITAN OPERA: LIVE IN HD: TOWN HALL THEATER See above listing. Town Hall Theater, Middlebury, 1 p.m. $10-24. Info, 382-9222.

'NEAR/FAR' See FRI.20, 8 p.m.

words

CABIN FEVER BOOK SALE Bookworms beat the winter blues by restocking their nightstands from a selection of thousands of preowned tomes, videos and audio tapes. Proceeds support library collections and activities. Rutland Free Library, 9:30 a.m.-2 p.m. Free to attend; visit rutlandfree.org to print out a coupon for one free book. Info, 773-1860.

KID DE MOLL The author of *Zen and the Art of the Midlife Crisis* shares his thoughts about expectation versus reality in a book signing and reading, complete with an impromptu music set. Spirit Dancer Books & Gifts, Burlington, 2-4 p.m. Free. Info, 660-8060.

WRITERS WORKSHOP The League of Vermont Writers hosts seminars on sentence crafting, the publishing and promotion process, and writing for online gaming. Doubletree Hotel, South Burlington, 8:30 a.m.-2:30 p.m. $46-50; includes lunch; preregistration required. Info, 888-6883.

SUN.22

agriculture

INDOOR GARDENING WORKSHOP See SAT.21, City Market, Burlington, 11 a.m.-noon. $10; preregister. Info, 861-9700.

bazaars

ANTIQUES MARKET Treasure hunters find bargains among collections of old furniture, art, books and more, supplied by up to 20 dealers from the New England area. Elks Club, Montpelier, $5 for early buyers (7:30 a.m.); $2 for the general public (9 a.m.-1:30 p.m.). Info, 751-6138.

community

GLBTQA POTLUCK Lunchtime socializers learn about the interweave community and the reinstated Welcoming Congregation Committee. First Unitarian Universalist Society, Burlington, 12:30-2 p.m. Free. Info, 489-5051, dannir86@comcast.net.

dance

CONTACT IMPROV CLASS FOR BEGINNERS Points of physical contact are the starting line for spur-of-the-moment movements. Contemporary Dance & Fitness Studio, Montpelier, 10 a.m.-noon. $5-10 for 10 a.m. 11 a.m. class (includes jam). $3.5 for 11 a.m.-noon jam only. Info, 318-3927.

ENGLISH COUNTRY DANCING Social dancers tread gently and gracefully to calling by Chris Levey and music by Trip to Norwich. Tracy Hall, Norwich, 3-6 p.m. $4-8; wear soft-soled shoes. Info, 785-4121.

'IN SEARCH OF AIR: GROWING UP DYSLEXIC' Storytelling and choreography intersect as dancer Lida Winfield reflects on growing up with a learning disability. A participatory workshop about incorporating personal stories and the arts into education curricula follows. Haybarn Theater, Goddard College, Plainfield, 7:15-8:45 p.m. $10. Info, 454-8311.

etc.

RUTLAND BRIDAL SHOW Blushing brides pursue flower cake photography and dress options at a prize-filled party in preparation for that special day. Holiday Inn, Rutland, 11:30 a.m. $5-6. Info, 459-2857.

film

'CARLOS' See SAT.21, 2 p.m.

'HELL AND BACK AGAIN' Danfung Dennis' 2011 documentary looks at the conflict in Afghanistan to understand the true cause and effect of war. As part of the Peace & Justice Center's Cost of War Speaker and Film Series, Q&A discussion follows. Merrill's Roxy Cinemas, Burlington, 3 p.m. $5-10. Info, 863-2345, ext. 8.

MASTERS of AMERICAN FILM COMEDY Film Buff Rick Winston cues up clips from 15 motion picture classics to demonstrate what makes audiences snicker. Savoy Theater, Montpelier, 10 a.m.-noon. $10; benefits the Green Mountain Film Festival and the Savoy Theater. Info, 229-0598.

'SCHINDLER'S LIST' Liam Neeson plays a German factory owner who becomes an unlikely humanitarian to his Jewish employees during World War II in Steven Spielberg's 1993 drama. Room 101, Fleming Museum, UVM, Burlington, 6:30 & 9:45 p.m. Free. Info, 656-0750, perb26@comcast.net.

'THE SACRIFICE' World War III breaks out and a philosopher bargains with God to prevent the catastrophe in Andrey Tarkovskiy's 1986 drama. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 6:30 p.m. & 9:45 p.m. $5-7. Info, 603-646-2422.

food & drink

FUNDAMENTALS OF TEA Pinkies up! Tea devotees follow its path from farm to tearoom in a class covering history, culture and brewing with Payton Swirk and Jane Beaumont-Snyder, Dobrá Tea, Burlington, 9:30-10:30 a.m. $25. Info, 951-2424.

KICKOFF MUNCH Local pianist Clay Roberts keys up the music at a mid-morning meal supporting the third annual Dine Out Franklin County. St. Albans Historical Museum, 10 a.m.-noon. Donations accepted. Info, 393-0716.

BIFFRAFF WAFFLE FROLIC Chefs whip up iron-patterned breakfast cakes made from 90 percent local ingredients. North Country Food Co-op, Plattsburgh, N.Y., 9 a.m.-2 p.m. $5-10 suggested donation benefits the ROTA Gallery. Info, 518-335-2295.

SUMEAT MEEAKFAST A hearty spread of bacon, eggs, biscuits, sausage and gravy supports veterans, their families and local charities. VFW Post 309, Peru, N.Y., 9 a.m.-noon. $5. Info, 514-643-4580.

games

BURLINGTON-AREA SCRABBLE CLUB Triple letter, double word seekers spell out winning words. New players welcome. McClure MultiGenerational Center, Burlington, 12:30-5 p.m. Free. Info, 862-7558.

language

DIMANCHES Novice and fluent French speakers brush up on their linguistics — en français. Fletcher Free Library, Burlington, 4:5:30 p.m. Free. Info, 864-5088.

mobile

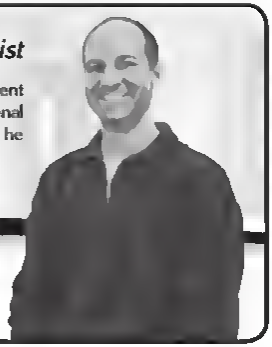
BROWSE LOCAL EVENTS ON YOUR PHONE!
CONNECT TO M.SEVENDAYSVT.COM ON ANY WEB-ENABLED CELLPHONE FOR FREE: UP-TO-THE-MINUTE CALENDAR EVENTS, PLUS OTHER NEARBY RESTAURANTS, CLUB DATES, MOVIE TIMES AND MORE.

Meet Dr. Michael Stadtmauer - *Naturopathic Physician, Licensed Acupuncturist*

Dr. Stadtmauer's comprehensive Functional Medicine approach utilizes the latest in diagnostic testing with the most current research in how those results fit together to provide a complete understanding of your hormone, thyroid and adrenal imbalances, immune system function, digestive disorders, fatigue and sleep disorders. Through this understanding he accurately identifies the cause of illness to provide effective, precise treatment.

Most Insurance Accepted Including Worker's Comp, Personal Injury and Medicaid

Give us a call
802-448-3388



Primary Care Family Medicine. Functional Medicine. Acupuncture

www.NaturopathicVermont.com

41 10X Drive, Ste. 220, So. Burlington, VT 05403

Vermont Naturopathic Clinic
Individualized Medicine for Individuals

music

DAVID NEWSAM & FRIENDS Soprano Jenni Cook, oboist Margaret Herlehy and pianist Elizabeth Blood join the guitar playing Dartmouth music instructor in compositions by Manuel de Falla Laurindo Almeida and Astor Piazzolla. Rollins Chapel Dartmouth College Hanover N.H. 2 p.m. Free. Info 603-646-2422.

ONION loVED CHORUS See SAT 21 Christ Church, Montpelier 3 p.m.

'THE GROOVES OF GREAT CITIES' The Tom Cleary/Brian McCarthy Quartet journeys through four standout jazz communities — New York City Detroit, Memphis and Burlington — in a concert exploring their unique musical personalities. Christ Church Presbyterian, Burlington, 3 p.m. $15 suggested donation. Info 862-1998.

'THE ROMANCE OF SCOTLAND' Sounding Joy! choral group 10 soloists and accompanist Marita Bergstrom offer stirring songs and stories from the island country. Bethany United Church of Christ, Randolph, 3 p.m. Donations accepted. Info 728 5845

outdoors

GET OUT & BACKCOUNTRY SKI FESTIVAL. Outdoorsy folks skim across the snow in guided lessons aimed at beginner to intermediate skiers. Equipment demos après ski snacks and a presentation by David Goodman round out the affair. Bolton Valley Nordic Center 9 a.m. 5 p.m. $40-60 Includes trail pass. preregister by January 19. Info, 434-5794.

SLEIGH RIDES See SAT 21 11 a.m.-2 p.m.

sport

FACE OFF AGAINST BREAST CANCER HOCKEY TOURNAMENT See SAT 21 8 a.m. 8:40 p.m.

SKIING & BIDING FOR MILITARY SERVICE MEMBERS, VETERANS & FAMILIES Adaptive and able-bodied participants hit the slopes at no cost, thanks to Vermont Adaptive Ski & Sports. Sugarbush Resort, Warren 8 a.m.-4 p.m. Free. preregister. Info, 617-843-3830. cmoore28@partnersorg

WINTER OBW TOUR See THU 19. 9:30 a.m. 5 p.m.

WOMEN'S PICKUP SOCCER Ladies of all ages and abilities break a sweat while passing around the spherical polyhedron. Miller Community and Recreation Center, Burlington. 6-8 p.m. $3. Info 862 5091.

YANKEE SPORTSMAN'S CLASSIC SHOW See FRI 20. 9 a.m.-5 p.m.

theater

'LES LIAISONS DANGEREUSES' See WED 18. 5 p.m.

THE METROPOLITAN OPERA: LIVE IN HD. LAKE PLACID CENTER FOR THE ARTS See SAT 21. Lake Placid Center for the Arts, N.Y. 4 p.m. $12. 18. Info, 518-523-2512.

THE METROPOLITAN OPERA: LIVE IN HD. SPAULDING AUDITORIUM See SAT 21. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 1 p.m. $10-29.50. Info 603-646-2422.

'NEAR/FAR' See FRI 20. 2 p.m.

words

'NO MAN'S LAND' Local actors read Vermont playwright Tom Blachly's original work about a First Lady who takes over as President. Bethany Church, Montpelier. 2-5 p.m. Free. Info, 426-3955.

MON.23

community

BRIDEZILLAS ANONYMOUS Brides-to-be set on perfectly executed wedded bliss — *no matter what* — swap stories, recommendations and anecdotes between short catering and event-planning presentations. Ri Ra Irish Pub, Burlington. 6:30-8:30 p.m. $15 or less. preregister. Info, 860-794-0385. hannah@detailseventsvt.com

crafts

EVENING KNITTING CIRCLE Needleworkers pull up a chair and get loopy with fellow crafters. Dessert is provided. Shelburne Farms, 7 p.m. $5. preregister. Info, 985-8686.

health & fitness

GENTLE YOGA FOR EVERYONE. See FRI 20. Champlain Senior Center. McClure MultiGenerational Center, Burlington, 12:30 p.m.

ZUMBA GOLD Invigorating Latin music fosters a party-like workout atmosphere for baby boomers and active older participants. Champlain Senior Center. McClure MultiGenerational Center, Burlington. 5:15-6 p.m. Free. Info, 658-3585.

kids

COOKING & BOOKING New England Culinary Institute students offer a taste of Chinese New Year on the page and the plate. Kellogg-Hubbard Library, Montpelier. 4-5 p.m. Free. preregister. Info 223 3338.

IMAGINATION VACATION Knights and princesses craft castles and other scenes straight out of medieval times. Isley Public Library, Middlebury, 10:30 a.m.-noon. Free. Info, 388 4097.

ISLE LA MOTTE PLAYGROUP Stories and crafts make for creative play. Yes, there will be snacks. Isle La Motte Elementary School. 10-11:30 a.m. Free. Info, 527 5426.

LET'S LEARN JAPANESE! See WED 18. 4:30-5:30 p.m.

MARSHFIELD STORY TIME Read-aloud tales catch the ear of youngsters ages 6 and under — and their grown-ups. Jaquith Public Library, Marshfield. 10 a.m. Free. Info, 426 3581. jaquithpubliclibrery@gmail.com

MUSIC WITH RAPHAEL See THU 19. 10:45 a.m.

SHAKE YOUR SILLYS OUT Tots swing and sway to music with children's entertainer Derek Burkins. JCPenney court, University Mall, South Burlington. 10:35 a.m. Free. Info 863 1066, ext. 11.

STORIES WITH MEGAN. Preschoolers ages 2 to 5 expand their imaginations through storytelling, songs and rhymes. Fletcher Free Library, Burlington. 11 11:30 a.m. Free. Info, 865-7216.

SWANTON PLAYGROUP Kids and caregivers squeeze in quality time over imaginative play and snacks. Mary Babcock Elementary School, Swanton. 9:30-11 a.m. Free. Info, 527 5426.

WRITING FOR FUN Middle schoolers get the creative juices flowing by penning short stories, memoirs and poems. Fletcher Free Library, Burlington. 3:30-4:30 p.m. Free. Info, 865-7216.

language

SPANISH LANGUAGE GROUP Speakers converse about books and more only in español. Snacks and beverages provided. Aldrich Public Library, Barre. 6-8 p.m. Donations accepted. Info, 858-5466 or 476-7550.

music

CAPITAL ORCHESTRA. Brass and string players join the ensemble at weekly rehearsals leading up to a spring concert. Under the direction of Dan Liptak. Band room, U-32 High School, Montpelier. 7-9 p.m. Free. Info, 272 1789.

DISCOVER A CAPPELLA NIGHT Women of all ages attend open rehearsals of the Champlain Echoes a barbershop chorus where they'll receive pointers on vocal production, breath support and unit sound from music director Carol Spradling. Pines Senior Living Community, South Burlington, 6:15 p.m. Free. Info, 658-0398.

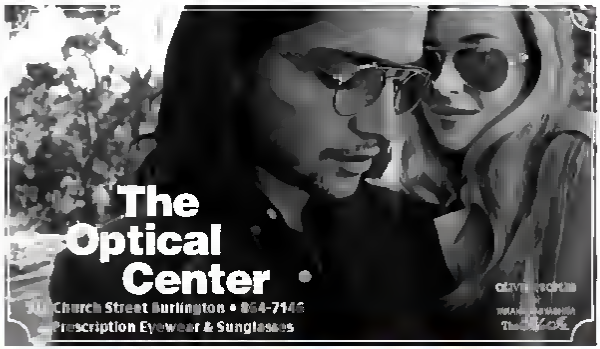
seminars

KEYS TO CREDIT A class clears up the confusing world of credit. Champlain Valley Office of Economic Opportunity, Burlington. 6-8 p.m. Free. Info, 860-1417, ext. 114.

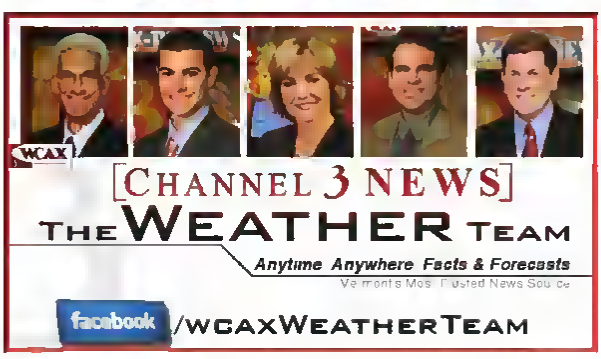
MAKING SAFEART SafeArt founding director Tracy Penfield helps attendees address domestic

MON.23 » P.52

NOW OFFERING HINESBURG AND THE SURROUNDING COMMUNITY
A FINE SELECTION OF LIQUOR, WINE & BEER.
WINE 116 & SPIRITS
A VERMONT STATE LIQUOR OUTLET
22 Commerce St. #4, Hinesburg, VT 05461
(@ Route 116, Next to the Paisley Hippo)
MONDAY - THURSDAY 9 TO 7 FRIDAY & SATURDAY 9 TO 9 AND SUNDAY 11 TO 4







In Vermont we have...

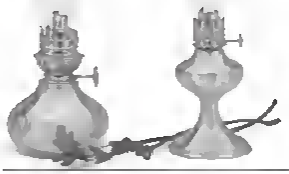
174

days with more darkness than light

We have you covered!

Oil Lamps and Candlesticks,

handcrafted in Vermont!



Danforth

free handcrafted pewter

Middlebury • Burlington
Waterbury • Quechee

(800) 222-3142 • danforthpewter.com



ADVOCATE

FOR YOUR COMMUNITY AND YOUR WORLD

Information session for prospective Juris Doctor and Master of Environmental Law and Policy students

Saturday, January 28, 2012 | 9:30 AM–1:00 PM

RSVP at 802-831-1239 or admiss@vermontlaw.edu

- Find out why we're ranked #1 in environmental law
- Meet faculty and students
- Learn about our international and clinical programs
- Get the facts on scholarships and financial aid
- Tour the campus and meet other prospective students

VERMONT LAW SCHOOL

www.vermontlaw.edu

calendar

MON.23 « P.51

or sexual violence, harassment, teen dating, substance abuse, and more through drama, dance, poetry, art and music. Community Center Media Room, Goddard College, Plainfield. 7:15–9:45 p.m. $10 material fee for non-Goddard students. preregister. Info, 685-3138.

talks

CHITTENDEN COUNTY LEGISLATIVE FORUM. John Barber, executive director of the Champlain Valley Agency on Aging, moderates a discussion of issues of interest to senior citizens, including funding for fuel assistance and health care reform. Heineberg Community & Senior Center, Burlington, 7:30–9 a.m. Free. Info, 229-4731.

words

BOOK DISCUSSION & TEA. Author Mickey Cronin introduces her latest book, *The Essential Six Volume One: A Parent's Guide: How to Pave the Road to Self-Advocacy for College Students With Learning Differences*. Manor Lounge, Goddard College, Plainfield. 3:30–4:45 p.m. Free. preregister. Info, 322-1666.

MARJORIE CADY MEMORIAL WRITERS GROUP. Budding wordsmiths improve their craft through "homework" assignments, creative exercises and sharing. Ilsley Public Library, Middlebury. 10 a.m.–noon. Free. Info, 388-2026, cpolter935@comcast.net.

SHAPE & SHARE LIFE STORIES. Prompts trigger true tales, which are crafted into compelling narratives and read aloud. Dorothy Alling Memorial Library, Williston. 12:30–2:30 p.m. Free. Info, 878-4918.

TUE.24

agriculture

VERMONT FARM SHOW. From barnyard animals to John Deere tractors, folks catch the agricultural industry's largest state showcase. Champlain Valley Exposition, Essex Junction. 8 a.m.–5 p.m. Free. Info, 878-2779.

crafts

BEADED JEWELRY MAKING. Do-it-yourselfers fashion earrings, necklaces or bracelets under the tutelage of Eva Fronhofer. Fairfax Community Library, 6:30–8 p.m. $15. preregister. Info, 849-2420.

etc.

COMMUNITY BIKE SHOP NIGHT. See THU.19, 6–8 p.m.

film

"THE BLUES BROTHERS". A convict and his brother start up the old R&B band to save their childhood Catholic school from foreclosure in John Landis' 1980 musical comedy. Film House, Main Street Landing Performing Arts Center, Burlington, 7 p.m. Donations accepted for the Boys & Girls Club of Burlington. Info, 540-3018, mariah@mainstreetlanding.com.

"THE INCREDIBLE WEIRD WESTERN MOVIE MONTH." Yee haw! Various examples of kung fu gunslingers, ale hard lawmen and desert wildlife screen in conjunction with trivia, snacks and contests. Main Street Museum, White River Junction. 8:30 p.m. Free. Info, 338-2181.

food & drink

SCOTT BURNS. The Portland State University expert on terroir illuminates the affect of soil, slope and climate on wine. Lincoln Peak Vineyard, New Haven. 7:30 p.m. Free. preregister. Info, 386-7366, vermontwine@gmail.com.

health & fitness

INTRODUCTION TO MEDITATION. Instructor Sherry Rhynard shares handouts and tips for managing stress and improving health and inner peace. Hunger Mountain Co-op, Montpelier. 6–7:30 p.m. $10–12. preregister. Info, 223-9004 ext. 202, info@hungermountain.com.

STEPS TO WELLNESS. Cancer survivors attend diverse seminars about nutrition, stress management, acupuncture and more in conjunction to a medically based rehabilitation program. Fletcher Allen Health Care Cardiology Building, South Burlington. 6–7 p.m. Free. Info, 656-2176.

holidays

"AN EVENING WITH MARTIN AND LANGSTON". Actors Felix Justice and Danny Glover portray Martin Luther King Jr. and Langston Hughes, respectively, in a powerful performance of historic speeches and poetry about the African American experience. Q&A follows. Ira Allen Chapel, UVM, Burlington. 4–5:30 p.m. Free. ticket required. Info, 656-8426.

MARTIN LUTHER KING JR. CONVOCATION. Richard Mythaly commemorates the life of Maurice Dullet, who served the African American community in the south during the civil rights era. Chapel, St. Michaels College, Colchester. 4:30 p.m. Free. Info, 654-2536.

kids

CREATIVE TUESDATS. Artists engage their imaginations with recycled crafts. Kids under 10 must be accompanied by an adult. Fletcher Free Library, Burlington. 3–5 p.m. Free. Info, 865-7216.

"DUCK FOR PRESIDENT AND OTHER STORIES". TheatreworksUSA's all-new revue features mini-musicals based on best-selling children's books. For grades K to 4. Lebanon Opera House, N.H. 10 a.m. $5–10. Info, 603-448-0400.

FAIRFAX STORY HOUR. Good listeners are rewarded with folklore, fairy tales, crafts and activities. Fairfax Community Library, 8:30–10:30 a.m. Free. Info, 527-5246.

FROSTY & FRIENDS THERAPY DOGS. Young readers share their favorite texts with friendly pooches. Dorothy Alling Memorial Library, Williston, 3:30–4:30 p.m. Free. preregister. Info, 878-4918.

HIGNGATE STORY HOUR. See WED.18, 10–11 a.m.

SCIENCE & STORIES: TRACKS IN THE SNOW. Kids have *aha!* moments regarding the clues animals leave behind on their stealthy travels. ECHO Lake Aquarium and Science Center/Leahy Center for Lake Champlain, Burlington, 11 a.m. Regular admission $9.50–12.50; free for kids ages 2 and under. Info, 877-324-6386.

SKATER TOTS. See WED.18, 1 p.m.

SOUTH HERO PLAYGROUP. Free play, crafting and snacks entertain children and their grown-up companions. South Hero Congregational Church, 10–11 a.m. Free. Info, 527-5426.

ST. ALBANS PLAYGROUP. Creative activities and storytelling engage the mind. St. Luke's Church, St. Albans. 9:30–11 a.m. Free. Info, 527-5426.

STORY HOUR. Picture books and crafts catch the attention of 3- to 5-year-olds. Dorothy Alling Memorial Library, Williston, 11 a.m. Free. Info, 878-4918.

TEEN ADVISORY BOARD. Middle and high schoolers have a say in program planning and the teen collection. Fletcher Free Library, Burlington, 3:30–4:30 p.m. Free. Info, 865-7216.

language

PAUSE CAFÉ. French speakers of all levels converse *en français*. Levity Café, Burlington, 6:30 p.m. Free. Info, 864-5088.

music

HELIAND CONSORT. Flutists, oboists and clarinetists combat the winter blues with music by Arnold Beethoven, Britten and others. Village Wine and Coffee, Shelburne. 3–5 p.m. Free. Info, 985-8922, heliand@helianditrio.org.

MARC COHN. The soulsmith revisits songs by Cat Stevens, John Lennon, Paul McCartney and Van Morrison. See calendar spotlight. Spruce Peak Performing Arts Center, Stowe Mountain Resort, Stowe. 7 p.m. $45. Info, 760-4634.

seminars

CREATING A FINANCIAL FUTURE Folks with basic money management under control learn about long-term savings and investing. Champlain Valley Office of Economic Opportunity, Burlington, 6–8 p.m. Free. Info, 860-1417 ext. 114.

SPEND SMART See THU.19, 10 a.m., noon.

theater

"LES LIAISONS DANGEREUSES" See WED.18, 7:30 p.m.

WED.25

agriculture

VERMONT FARM SHOW See TUE.24, 9 a.m.–8 p.m.

comedy

IMPROV NIGHT See WED.18, 8–10 p.m.

conferences

MIDDLEBURY CENTER FOR SOCIAL ENTREPRENEURSHIP SYMPOSIUM A new center devoted to supporting students looking to foster positive social change hosts an opening reception, keynote address and handful of workshops. Middlebury College, 10 a.m.–8 p.m. Free. Info, 443-5265.

crafts

SCARVES4SURVIVORS KNITTING CIRCLE Stitchers make yarn creations and share thoughtful conversation in support of women in domestic violence shelters. Women Writing for (a) Change, Burlington, 7–8:30 p.m. Donations accepted. Info, 236-4371.

etc.

RELAY FOR LIFE OF CHITTENDEN COUNTY KICKOFF RALLY Folks interested in joining the fight against cancer gather to launch their fundraising efforts. Essex Cinemas, 6–7 p.m. Free. Info, 800-227-2345.

film

"BUTCH CASSIDY AND THE SUNDANCE KID" Paul Newman and Robert Redford star as two train- and bank-robbing gangsters in George Roy Hill's rousing 1969 Western. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 7 p.m. $5–7. Info, 603-646-2422.

"DISCOVERING A MUSICAL HEARTLAND" Pipa master Wu Man — who performs at the Hop on Friday — plays tour guide in this short documentary about remote regions of China that have preserved rare strains of traditional music. Discussion follows with Dartmouth professor Theodore Levin. Room 41, Haldeman Center, Dartmouth College, Hanover, N.H., 4:30 p.m. Free. Info, 603-646-2010.

"HOW I GHOSTED THIS SUMMER" A piece of news spells trouble for two men working at a remote meteorological station in the Arctic Circle in Aleksey Popogrebskiy's Russian drama. Kellogg-Hubbard Library, Montpelier, 7 p.m. Free. Info, 223-3338.

"THE SINGING REVOLUTION" Professor Bethany Pilsbey introduces this 2006 documentary about Estonias rally for independence — through nonviolent song. Room 207, Bentley Hall, Johnson State College, 4 p.m. Free. Info, 635-1474.

health & fitness

ACUPUNCTURE FOR WINTER HEALTH Pamela Brady identifies illnesses that commonly strike during the cold-weather months, and discusses the alternative practice that addresses them. Jaquith Public Library, Marshfield, 7 p.m. Free. Info, 426-3581, jaquithpubliclibrary@gmail.com.

GROWING STRONGER Seniors increase their muscle power in training exercises for balance, flexibility and fortitude. Senior Citizen Center, Colchester, 1 p.m. Donations accepted; preregister. Info, 865-0360.

kids

BABYTIME See WED.18, 10:30 a.m.–noon.

CHESS CLUB See WED.18, 5:30 p.m.

ENOSBURG PLAYGROUP Children and their adult caregivers immerse themselves in singing activities and more. American Legion, Enosburg Falls, 10:11:30 a.m. Free. Info, 527-5426.

FAIRFIELD PLAYGROUP See WED.18, 10–11:30 a.m.

HIGHGATE STORY HOUR See WED.18, 11:15 a.m.–12:15 p.m.

LET'S LEARN JAPANESE! See WED.18, 4:30–5:30 p.m.

MARSHFIELD PLAYGROUP See WED.18, 10:11:30 a.m.

MIDDLE SCHOOL BOOK CLUB See WED.18, 3:30–4:30 p.m.

MONTGOMERY PLAYGROUP Little ones exercise their bodies and their minds in the company of adult caregivers. Montgomery Town Library, 9:30–11 a.m. Free. Info, 527-5426.

MOVING & GROOVING WITH CHRISTINE See WED.18, 11:11:30 a.m.

SKATER TOTS See WED.18, 10 a.m.

music

VALLEY NIGHT The Likeness grace the lounge with indie folk and Americana. Big Picture Theater & Café, Waitsfield, 7 p.m. $5 suggested donation. Info, 496-8394.

VERMONT SYMPHONY ORCHESTRA ANNUAL FARMERS NIGHT Continuing a series of winter entertainment begun in 1923, conductor Andrew Massey leads the orchestra in the music of Gluck, Faure, Bach and Wagner. Legislative Chambers, Vermont Statehouse, Montpelier, 7:30 p.m. Free. Info, 985-2507.

sport

REK SNOWMOBILE DRAG RACING See SAT.21, 9:30 a.m.

NIGHT RIDERS See WED.18, 4:30–8 p.m.

talks

GEORGE BENJAMIN American Public Health Association's executive director looks toward "The Future of Public Health: No Longer Invisible." Carpenter Auditorium, Given Medical Building, UVM, Burlington, 5 p.m. Free. Info, 656-2005.

JAMES ANDREWS The herpetile expert covers "The Identification, Natural History and Conservation of Vermont's Salamanders" in an illustrated presentation. Richmond Free Library, 6:30 p.m. Free. Info, 678-4132 or 863-2436.

KATE LALLEY The American Society of Landscape Architects member offers fresh ideas for outdoor garden design in a slide-show lecture. UVM Horticultural Research Center, South Burlington, 6–8 p.m. $10-20. Info, 656-5404.

theater

"LES LIAISONS DANGEREUSES" See WED.18, 7:30 p.m.

"THE CLEAN HOUSE" A housekeeper obsessively searches for a joke to define her parents' lives in Sarah Ruhl's play of healing and forgiveness, presented by Vermont Stage Company. FlynnSpace, Burlington, 7:30 p.m. $24.30–32.50. Info, 863-5966.

words

COLCHESTER BOOK DISCUSSION See WED.18, 6:30 p.m.

KAZUKO R AYMONG The author of Japanese Wife recounts the culture clash of coming to America from a very strict, old-fashioned Japanese upbringing. Bradford Public Library, 6:30 p.m. Free. Info, 222-4536, bradfordpubliclibrary@gmail.com.





Swing on in...

the water's just fine!

Pre-register at kidsvt.com

You could win a Hammerhead sled or passes to Jay Peak's Pump House!



PRESENTED BY

TIMBERLANE DENTAL GROUP

TD Bank
America's Most Convenient Bank®

Join your friends at the 15th Annual Kids VT

Camp & School Fair

GREAT PROGRAMS FOR TODDLERS THROUGH TEENS!

SATURDAY, FEB. 4, 10 A.M. - 2 P.M. • FREE!
HILTON HOTEL, BURLINGTON

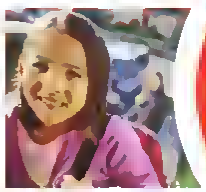
MEET CAMP & SCHOOL STAFF • ASK QUESTIONS • COLLECT INFO

Find more family fun at the Burlington Winter Festival!

(On the waterfront & Church St Marketplace)
Free shuttles available at the Hilton to all locations.

Parks & Recreation
BURLINGTON, VERMONT





VT kids
kidsvt.com

FAIR@KIDSVT.COM • KIDSVT.COM • 802-985-5482

classes

THE FOLLOWING CLASS LISTINGS ARE PAID ADVERTISEMENTS. ANNOUNCE YOUR CLASS FOR AS LITTLE AS **$13.75/WEEK** (INCLUDES SIX PHOTOS AND UNLIMITED DESCRIPTION ONLINE). SUBMIT YOUR CLASS AD AT **SEVENDAYSVT.COM/POSTCLASS**.

acting

FILM ACTING CLASS Jan 11-Mar 28, 6:30-9:30 p.m. Cost: $160/class for the mo. Location: Venue to be announced. Waterbury. Info: Dawn Kearon, 498-5051, Ruby_Lo@yahoo.com. Explore acting technique for film through scene analysis and performance with professional actor and coach Richard Waterhouse. Classes began January 11. Wednesday evenings, 6:30-9:30. For more information, contact Dawn Kearon, ruby_lo@yahoo.com, or visit the Waterhouse Film Acting Studio on Facebook.

WHAT'S MY LINE? IMPROV CLASS Feb. 6-Mar. 12, 6-8 p.m., Weekly on Mon. Cost: $130/6-wk class. Location: Spark Arts, 180 Flynn Ave., Burlington. Info: Spark Arts. Hethan Hartswick, 373-4703, nathan@sparkartsvt.com, sparkartsvt.com. "Through the use of improvisational games such as those seen on 'Whose Line Is It Anyway?' you will learn to think on your feet, trust your own creative instincts, be spontaneous and work as a team. Instructed by Sarah Venuti-Yetes and Nathan Hartswick. Ages 18+

art

ART CLASSES IN HINESBURG AT CVU HIGH SCHOOL. 200 offerings for all ages. Location: CVU High School. 10 mins. from exit 12, Hinesburg. Info: 482-7194. Watercolor with Ginny Joyner. Drawings. Monotype Print Making. Calligraphy. Culinary arts. One-night hands-on classes where you eat well! "Ideal Cuisine: Vietnamese Specialties. Turkish Dim Sum. Moroccan Pan Asian Indian Hot Tamale. Nonas Pasta. Winter Soups. Fresh Berry Pie. Malaysian Panang. Pasta Bene. Pastries. Gelato. Valentine Decorated Cookies. Eating Raw Desserts. Cheese Making. Yogurt Making. Easter Desserts. Full descriptions online (look for Access Community Education link). Senior discount 65+

body

ACCESS CLASSES IN HINESBURG AT CVU HIGH SCHOOL. 200 offerings for all ages. Location: CVU High School. 10 mins. from exit 12, Hinesburg. Info: 482-7194. Core Strength with Caroline Perkins. Weight Training. Self Conditioning. Resistance Training for Cyclists. Zumba. Yoga. Tai Chi. Swing or Ballroom with Terry Bourdeau. African Drum, African Dance. Jazzercise. Jazz Guitar with Jim Stout. Voice-Overs. Guitar. Singing-Group Voice. Creative Dance 5-8 year olds. Mindful Meditation. Manicure. Herbs. Facial and Juggling. Low cost, excellent instructors, guaranteed. Materials included. Full descriptions online (look for Access Community Education link). Senior discount 65+

building

TINY-HOUSE RAISING Cost: $250/workshop. Location: Johnson, Vermont. Info: Peter King, 933-5103. A crew of beginners will help instructor Peter King frame and sheath a 10'x10' tiny house in Johnson, January 28 and 29.

burlington city arts

BCA
BURLINGTONCITYARTS

Call 865-7166 for info or register online at burlingtoncityarts.com. Teacher bios are also available online.

BCA offers dozens of weeklong summer art camps for ages 3-14 in downtown Burlington from June to August — the largest selection of art camps in the region! Choose full- or half-day camps — scholarships are available. See all the camps and details at burlingtoncityarts.com.

CLAY CERAMIC CUTTRINS & DEAOS Jan 26-Mar 16, 6:30-8:30 p.m. Weekly on Tu. Cost: $150/person. $135/BCA member (clay sold separately @ $20/25 lb bag, glazes & firings incl.) Location: BCA Clay Studio, 250 Main St., Craft Room, Burlington. Students will learn how to make their own wearable ceramic art and other small hand-built forms with a focus on rich surface texture. Students will create clay plaster and linoleum stamps. Demonstrations will cover the use of slips, washes and glazes to highlight the texture in our printed designs.

CLAY INTSPNSOLATE/ADV WHEEL. Jan. 25-Mar. 15, 9:30 a.m.-12 p.m., Weekly on Su. Cost: $260/person. $234/BCA member (clay sold seperately @ $20/25 lb bag, glazes & firings included). Location: BCA Clay Studio, 250 Main St., Wheel Room, Burlington. Students will learn individualized tips and techniques for advancement on the wheel. Demonstrations and instruction will cover intermediate throwing, trimming, decorating and glazing methods. Class size will be kept small to provide individual attention to personal development. Students should be proficient in centering and throwing basics cups and bowls.

CLAY WHEELYNBDWING I. Jan 26-Mar 15, 6-8:30 p.m., Weekly on Su. Cost: $220/person, $198/BCA member. Clay sold separately at $20/25 lb bag, glazes and firings incl. Location: BCA Clay Studio, 250 Main St., Wheel Room, Burlington. Students will be working primarily on the potter's wheel, learning basic throwing and forming techniques while creating functional pieces such as mugs, vases and bowls. Students will also be guided through the various finishing techniques using the studio's house slips and glazes.

DESIGN ADDBE ILLUSTRDAYOR Jan. 30-Mar. 12, 6:30-8:30 p.m. Weekly on Mon. Cost: $185/person. $166.50/BCA member. Location: Burlington City Arts, Digital Media Lab, Burlington. Learn the basics of Adobe Illustrator, a program used to create interesting graphics, clipart and more! Students will explore a variety of software techniques and will create projects suited to their own interests. Bring a Mac compatible flash drive to the first class.

DESIGN ADDBE LIGHTDROM Feb. 1-Mar. 7, 6-8 p.m. Weekly on Wed. Cost: $250/person, $225/BCA member. Location: Burlington City Arts, Digital Media Lab, Burlington. Upload, organize, edit and print your digital photographs. Importing images using RAW files, organization, fine-tuning tone and contrast, and color and white balance adjustments will all be covered. Bring a Mac compatible flash or hard drive with your images to the first class. Prerequisite: Intro Film/Digital SLR Camera or equivalent experience.

DESIGN ADDBE PHOTOSHOP Feb. 2-Mar. 8, 6:30-8:30 p.m. Weekly on Tu. Cost: $195/person. $175.50/BCA member. Location: Burlington City Arts, Digital Media Lab, Burlington. Uploading Images into Adobe Bridge, use of Camera Raw, Image correction tools such as color and white balance correction, layers, masks, selections, retouching and much more will be covered. Bring a Mac compatible flash drive or hard drive with your images to the first class.

DRAWING Jan. 25-Mar. 14, 6:30-8:30 p.m. Weekly on Wed. Cost: $185/person, $166.50/BCA member. Location: BCA Center, 3rd floor, Burlington. Learn a variety of drawing techniques including basic perspective, compositional layout, and use of dramatic light and shadow. Students will work mostly from observation. Media include pencil, pen and ink, ink wash, charcoal, conte crayon and colored pencil. Materials list will be provided.

DRAWING PASHION: Jan 26-Mar. 22, 6:30-8 p.m. Weekly on Su. Cost: $185/person. $168.50/BCA member. Location: BCA Center, 3rd floor, Burlington. Students will draw and paint using gouache, watercolor and more and will be encouraged to render fabrics, illustrate their own designs and experiment with a variety of fashion drawing styles. This is a mixed-level class that includes figure drawing with a live fashion model. Materials list will be provided.

JEWELRY JEWELRY/METAL OESIGN Cost: $230/person. $207/BCA member. Location: BCA City Studio, 250 Main St., Craft Room, Burlington. Make your own earrings, bracelets, necklaces and more, while discovering the art of fine metal craftsmanship. Learn how to use jewelry hand tools to make original finished pieces of wearable art. Students will learn many techniques including sawing, forming, polishing and soldering, while working with copper, brass or silver.

PAINTING CONTEMPODABY PIGUDE Feb. 22-Apr. 11, 1:30-4:30 p.m. Weekly on Wed. Cost: $285/person. $256.50/BCA member. Location: BCA Center, 3rd floor, Burlington. Intermediate and advanced painters. Turn the page on traditional representation using fresh color and dynamic composition to strengthen your personal expression. Work from live models, explore contemporary techniques with water soluble oils and get supportive feedback in a small group environment. Figure drawing experience is helpful. Materials list will be provided.

PHOTO 2-D ARTWOOK Jan. 31 & Feb. 7, 6-9 p.m. Cost: $85/person. $85.50/BCA member. Location: Burlington City Arts, Digital Media Lab, Burlington. Learn techniques for photographing your 2-D artwork in this hands-on, two-day artist professional development workshop. Lighting, use of backdrops, uploading images and sizing for print and the web will be covered. Bring some pieces to photograph, your digital camera and a Mac-compatible flash drive to the first class.

PHOTO DIGITAL OASICS Weekly on Tue., Jan. 31-Mar. 13 (no class Mar. 6), 3:30-5:30 p.m. Cost: $205/person. $184.75/BCA member. Location: Burlington City Arts, Digital Media Lab, Burlington. Info: burlingtonciytarts.com. Learn the basics of digital photography. Camera functions and settings, white balance, composition, uploading and organizing images, making basic edits in Photoshop, printing and much more will be covered. Any digital camera is acceptable! Bring your charged camera with its memory card, cords and manual to the first class.

PNOTO NIXED LEVEL. Feb. 2-Mar. 22, 5:30-8 p.m. Weekly on Tu. Cost: $250/person, $225/BCA member. Location: Burlington City Arts, Community Darkroom, Burlington. Guided sessions to help you improve your printing and film processing techniques and discussion of the technical, aesthetic and conceptual aspects of your work will be included. Prerequisite: Intro to Black and White Film and the Darkroom or equivalent experience.

PNOTR SCHORL VACATIRN CAMP. Feb. 27-Mar. 2, 9 a.m.-noon, Apr. 23-27, 9 a.m.-noon. Cost: $185/person. $175.50/BCA member. Location: Burlington City Arts Digital Media Lab, Burlington. Explore both darkroom and digital photography! "Is camp will include guided photo shoots in downtown Burlington and will cover the basic of darkroom and digital printing. Bring a charged camera and its connection cord on the first day. Film cameras and all other supplies will be provided. Ages 9-12.

PRINT EXPSPIMENTAL PRINTING Jan. 26-Mar. 15, 6-8:30 p.m. Weekly on Tu. Cost: $230/person. $207/BCA member. Location: BCA Print Studio, 250 Main St., Print Studio, Burlington. Learn how to do etching and linoleum cuts to create uniquely expressive artwork. Students will also be encouraged to push the limits of print possibilities and challenged to combine them in ways that will further their own artistic visions. Students will also work together on collaborative prints.

PRINT INTRO SILK-SCRSENING Jan. 31-Mar. 20, 5:30-8:30 p.m. Weekly on Tue. Cost: $215/person. $194/BCA member. Location: BCA Print Studio, 250 Main St., Print Studio, Burlington. Students will learn a variety of techniques for transferring and printing images using hand-drawn photographic or borrowed imagery. Learn how to apply photo emulsion, how to use a silk screen exposure unit and how to mix and print images using water based inks.

PRINT JAPANESE WRRR BLOCK: Feb. 1-Mar. 21, 6-8:30 p.m., Weekly on Wed. Cost: $240/person. $216/BCA member. Location: BCA Print Studio, 250 Main St., Burlington. In this class you'll learn how to carve images into soft wood blocks and make designs on paper fabric and even T-shirts. Contemporary design techniques will be combined with this ancient printing technique to give you a unique effect in your prints.

computers

ACCESS COMPUTER CLASSES IN HINESBURG AT CVU HIGH SCHOOL. 200 offerings for all ages. Location: CVU High School, 10 mins. from exit 12, Hinesburg. Info: 482-7194. Computer & Internet Basics Tutorial. iWant iPads & iPhones. Improve you Internet Experience. Windows Security. File and Control Panels. OpenOffice. Google Smarts. PowerPoint. Publisher. MS Word Basics and More. Smart Phone Use. MS Excel Basics. Excel Up "e Next Steps. Excel Data Analysis. Website Design Fundamentals. Dreamweaver. Web Essentials. Understanding Game Design. Personalized Lessons. Low cost, hands on excellent instructors, limited class size guaranteed. Materials included with few exceptions. Full descriptions online (look for Access Community Education link). Senior discount 65+

cooking

CHOCOLATE PB YOUFFLE CLASS Jan. 26, 6:30-8:30 p.m., Location: Dove Chocolate Discoveries. Tasting w/ Free Truffle Class. Robert Miller Center, 130 Gosse Ct., Burlington. Info: Dove Chocolate Discoveries Independent Dove Chocolatier Jean Parker, 862-2231, jean255@burlingtontelecom.net, dovechocolatediscoveries.com/jeanparker. Come and learn with Dove Chocolates at a Dove Chocolate Tasting Party how to make peanut butter truffles for your Valentine! Let an Independent Dove chocolatier show you how easy it is.

craft

ACCESS CRAFT CLASSES IN HINESBURG AT CVU HIGH SCHOOL. 200 offerings for all ages. Location: CVU High School, 10 mins. from exit 12, Hinesburg. Info: 482-7194. Pottery. Woodworking. Basic Machining. Electrical. Wood Carving. Bead/Wire Jewelry Making. Metal Bracelet. Spindle and Knobs. Wooden Bowl Turning. Make a Hula-Hoop. Basket Weaving. Rug Hooking. 3 Bag Sewing. Pillows. B&W Darkroom Use. Crochet. Felting. Quilting. Monotype Print. Mosaic Garden Frame. Mosaic Birdbath. Cake Decorating. Knitting. Carteening. Full descriptions online (look for Access Community Education link). Senior discount 65+

dance

APGSNTINS TANGO FOR BEGINNERS Feb. 1-22, 6:15-7:15 p.m. Weekly on Wed. Cost: $13/1 hour class ($45 for 4 classes if paid on 2/1). Location: Hearth End Studio, 254 N. Winooski Ave., suite 1158, Burlington. Info: In collaboration with Queen City Tango, Elizabeth Seyler, 852-2833, eseyler@temple.edu. Improvise,

DANCE » P. 56

classes

THE FOLLOWING CLASS LISTINGS ARE PAID ADVERTISEMENTS. ANNOUNCE YOUR CLASS FOR AS LITTLE AS **$13.75/WEEK** (INCLUDES SIX PHOTOS AND UNLIMITED DESCRIPTION ONLINE). SUBMIT YOUR CLASS AD AT **SEVENDAYSVT.COM/POSTCLASS**

DANCE « P.55

express yourself, collaborate, play. If you can walk, you can tango. Learn the basics in a friendly, welcoming environment for all ages. Instructor Elizabeth Seyler holds a PhD in dance and has taught tango since 2006. No partner or experience necessary. Wear comfortable shoes with hard soles.

BEAUTIFULLY RELAXED BALLET! Ballet I: Tue., 9 a.m.–10 a.m.; Fri., 11 a.m. Ballet II: Wed., 5:30 p.m. Cost: $14/class (better rates w/ studio class card). Location: Burlington Dances, 1 Mill St., suite 372, Burlington. Info: 863-3369, lucille@naturalbodrespilates.com, NaturalBodresPilates.com. For a strong, flexible and beautifully relaxed body, take class in a lovely studio with expert movement analyst, ballet teacher and Pilates instructor Lucille Dyer. We are located in the Chace Mill, at the Winooski River Falls! Come to class ready for positive change in mind, heart and body.

DANCE STUDIO SALSALINA. Location: 255 Pine St., Burlington. Info: Victoria, 598-1077, info@salsalina.com. Salsa classes, night club-style, en-line and on two; group and private four levels. Beginner walk in classes: Wednesdays, 7:15 p.m. Argentine Tango class and social: Fridays, 7:30 p.m., walk-ins welcome. No dance experience, partner or prereg; stratmen required; just the desire to have fun! Drop in any time and prepare for an enjoyable workout!

TOTAL BODY CONNECTIVITY! Tu., 5:15. & Sat. w/ Ballet Barre, 11 a.m. Location: Burlington Dances, Choice Mill, top floor, 1 Mill St., suite 372, Burlington. Info: Burlington Dances, Lucille Dyer, 863-3369, info@BurlingtonDances.com, BurlingtonDances.com. Total Body Connectivity combines Pilates, Laban Movement Analysis, Bartenieff Fundamentals and ballet for balance of mind, heart and body. Learn about meaning and self expression. Inspire the process of self development, personal and ethical awareness and humanitarianism inherent in this kind of practice. Be creative, feel good, be happy!

UNIVERSITY MALL DANCE STUDIO HAS REOPENED. Location: Dancing With Style, University Mall, in front of Appledees. $. Burlington. Info: 793-7524, dancingwithstylevt.net. Ballroom dance lessons: salsa, tango, cha-cha, rumba, waltz, swing and more. Private lessons available. Beginner group classes. Drop-ins welcome. Don't forget to check out our new Hip Hop dance classes. Open Tuesdays, Wednesdays, Fridays and Sundays. On January 2nd there will be beginner group salsa dance lessons: 5:30-11:30 a.m. at the Rusty Nail in Stowe. Come back in the evening for a salsa band. Morrisville Studio open 7 days/5 nights, 6:30 p.m. Salsa, 7:30 p.m. Learn to dance like the stars (samba, waltz, swing).

drumming

TAIKO: DJEMBE, CONGAS & BATA. Location: Burlington Taiko Space, 208 Flynn Ave., suite 3-G, Burlington. Contemporary Dance & Fitness Studio. 78 Langdon St., Montpelier. AllTogetherNow, 170 Cherry Tree Hill Rd., E. Montpelier. Info: Stuart Paton, 999-4255, spaton58@gmail.com, Burlington! Beginners' Taiko starts Tuesday, March 13 and April 24. Kids 4:30 p.m., $60/6 weeks; adults, 5:30 p.m., $72/6 weeks. Advanced classes start Monday, March 12 and April 23, 5:30 and 7 p.m. Womens Haitian Drumming starts Friday, February 17 and March 9, 5 p.m., $45/3 weeks. Morning Taiko by appointment, Saturdays, 9:30-10:45 a.m., $45/3 weeks. Cuban Bata, & house-call classes by request. Montpelier " ursdays! Voudou drums start February 16 and March 22, 1:30-2:30 p.m., $45/3 weeks. East Montpelier " ursdays! Djembe starts March 22, 5:30 p.m., $45/3 weeks. Cuban congas start February 9 and April 19, $45/3 weeks. Taiko starts March 22, 7 p.m., $45/3 weeks.

empowerment

ACCESS CLASSES IN HINESBURG AT CVU HIGH SCHOOL. 200 offerings for all ages. Location: CVU High School, 10 mins. from exit 12, Hinesburg. Info: 482-7194. Lose Weight Fast Great Beekeeping. Creative Writing: Ten Amazing Journeys in History of the World with Chris O'Donnell. Solar Energy 101. Bridge: Cribbage, Mah Jongg. VT Arch Lecture. Knots. Myers Briggs. Poetry Workshop. Creative Writing. Pruning Trees. Tree Health. Grief Etiquette. EFT. Suburban Homesteading 101. Motorcycle Awareness. Map and Compass. Backyard Astronomy. Guaranteed. Full descriptions at online (look for Access Community Education link). Senior discount 65+.

INTRODUCTORY WORKSHOP TO SOUL COLLAGE. Feb. 4, 10 a.m.–3 p.m. Cost: $45/workshop. Location: 55 Clover Lane, Waterbury. Info: Joan Palmer, 578-9825, jbpscollage@gmail.com. Tap into your inner wisdom as you work with your imagination and intuition in this introduction to the Soul Collage process. Participants will come away with several collaged cards and insights into themselves. No artistic skills required. Facilitated by Joan Palmer, trained Soul Collage facilitator.

exercise

BELLY DANCE & TANGOFLOW! Belly Dance: Tue., 6:45 p.m.; TangoFlow!: Wed., 7–8 p.m. Cost: $14/person; belly dance $12/person; TangoFlow! Location: Burlington Dances & Natural Bodies Pilates, 1 Mill St., suite 372, Burlington. Info: Burlington Dances, 863-3369, info@BurlingtonDances.com, BurlingtonDances.com. TangoFlow! Explore the energy, sensuality and passion of Argentine tango while getting a great whole-body workout! Rhythmic, expressive, sweaty and fun! Love the feeling of belly dance? Experience the movement, music and tradition of modern Egyptian belly dance along with contemporary interpretations of this ancient dance form.

finance

BUSINESS ETHICS: MONEY MATTERS! Cost: $70/person; $110/couple; free for college students. Location: Chaos of Vermont, 57 S. Williams St., Burlington. Info: Chaos of Vermont, 658-5770, chaos@chaosvt.com, chaosvt.org. The Jewish Learning Institute. Money Matters course will cover topics such as: insider trading, bankruptcy and freeloading. " is six-week class starts Monday, January 23, 7:30 p.m. Register at my.JLI.com.

gardening

MASTER GARDENER 2011 COURSE. Feb. 7–May 1, 9:15–11:30 a.m., Weekly on Tue. Cost: $385/incl. Sustainable Gardening book. Late fee after Jan. 20. Noncredit course. Location: Various locations: Bennington, Brattleboro, Johnson, Lyndon, Montpelier, Middlebury, Newport, Randolph Ctr., Rutland, Springfield, St. Albans, Waterbury, White River Jct. Info: 656-9562, master.gardener@uvm.edu, uvm.edu/mastergardener. Learn the keys to a healthy and sustainable home landscape as University of Vermont faculty and experts focus on gardening in Vermont. " is noncredit course covers a wide variety of horticultural topics: fruit and vegetable production, flower gardening, balanced basics, plant pests, soil fertility, disease management, healthy lawns, invasive plant control, introduction to home landscaping, and more!

helen day art center



Helen Day Art Center

253-8358

education@helenday.com

helenday.com

SNOWBOARD VIDEO PRODUCTION FOR TEENS & YOUNG ADULTS. Weekly on Fri., Feb. 3–Mar. 18 (no class Mar. 2), 2:45–4:45 p.m. Cost: $135/person. Location: Helen Day Art Center, 5 School St., Stowe. Do you like snowboarding? Do you like working with video? Combine these two passions and shoot and edit your own snowboard video! Learn about proper camera work and editing techniques. " ese first three classes will be held at Stowe Mountain shooting your own video. You will then learn how to edit your final age at HDAC using Mac computers or your own laptop. Instructed by James Tomlinson.

SNOWBOARD DESIGN WITH DENNIS HEALY. Feb. 18–Mar. 30, 9:30 a.m.–12:30 p.m. Cost: $45/person. Location: Helen Day Art Center, 5 School St., Stowe. Explore the process of developing a snowboard graphic for retail with Burton's creative manager of graphics. Students will run through the design process as a whole from start to finish. " e importance of creative presentation of ideas and concepts will be stressed.

herbs

WISDOM OF THE HERBS SCHOOL. Winter Ecology Walks w/ George will be announced on our Facebook page or join our email list or call us. Wisdom of the Herbs 2012: Apr. 21–22, May 19–20, Jun. 16–17, Jul. 14–15, Aug. 11–12, Sep. 8–9, Oct. 6–7 & Nov. 3–4, 2012. Wild Edibles Intensive 2012: Spring/Summer Term: May 27, Jun. 24 & Jul. 22, 2012 & Summer/Fall Term: Aug. 18, Sep. 16 & Oct. 14, 2012. VSAC non-degree grants available to qualifying applicants. Local non-Wisdom of the Herbs School Woodbury: Info: 456-8122, annie@wisdomoftheherbsschool.com, wisdomoftheherbsschool.com. Earth skills for changing times. Experiential programs embracing local wild edible and medicinal plants, food as first medicine, sustainable living skills and the inner journey. Annie McCleary, director and George List, naturalist.

language

ACCESS LANGUAGE CLASSES IN HINESBURG AT CVU HIGH SCHOOL. Location: CVU High School, 10 mins. from exit 12, Hinesburg. Info: 482-7194. Beginner French, 2 levels. Immersion French, Beginning Spanish, 2 levels. Intermediate Spanish. Immersion Spanish. Italian for Travelers, 2 levels. Beginning Mandarin, 2 levels. German, 2 levels. Low cost hands-on excellent instructors, limited class size, guaranteed. Materials included with few exceptions. Full descriptions online (look for Access Community Education link). Senior discount 65+.

ANNOUNCING SPANISH CLASSES. Beginning week of Jan. 9 for 10 weeks. Cost: $175/10 1 hr. classes. Location: Spanish in Waterbury Center Waterbury Ctr. Info: Spanish in Waterbury Center, 585-1025, spanishpaprevas@gmail.com, spanishwaterburycenter.com. Spanish classes starting in January. Learn from a native speaker via small classes, individual instruction or student tutoring. You'll always be participating and speaking. Lesson packages for travelers; get ready for your winter trip south. Lessons for children: they love it! See our website or contact us for details.

PARLEZ VOUS FRANCAIS? Location: At your home or scheduled meeting place. Burlington, Mad River Valley, Stowe, Montpelier. Info: 496-7859, yvescompere@yahoo.com. Communication and vocabulary enrichment, some grammar review. Fun and useful. Taught by Yves Compere, French native.

martial arts

AIKIDO. Adult Introductory classes begin on Tu., Feb. 21 at 6:45 p.m. Try out this class for $10. " is fee can be applied toward our 3-mo. membership special rate for $190 (incl. unlimited classes 7 days a week). Children's classes begin on Sat., Feb. 4 at 9 a.m. (ages 5-6) & 9:45 a.m. (ages 7-12). Join now & receive a 3-mo. membership (incl. unlimited classes 7 days a week) for $190. Location: Aikido of Champlain Valley, 257 Pine St. (across from Cenant Metal & Light). Burlington. Info: 951-8900, burlingtonaikido.org. " is Japanese martial art is a great method to get in shape and reduce stress. " e Samurai Youth Program provides scholarships for children and teens; ages 7-17. We also offer classes for children ages 5-6. Classes are taught by Benjamin Pincus-Sensei, Vermont's senior and only fully certified Aikido teacher. Visitors are always welcome.

AIKIDO. Location: Vermont Aikido, 274 N. Winooski Ave. (2nd floor), Burlington. Info: Vermont Aikido, 862-9785, vermontaikido.org. Special holiday opportunity through January 31st! Get 2-for-1 membership for up to three months. Offer also good for children's classes. January Intro and winter LGBTQ Intro. Aikido trains body and spirit, promoting physical flexibility with flowing movement, martial awareness with compassionate connection, respect for others and confidence in oneself.

COMBAT FITNESS MMA MARTIAL ARTS. Weekly on Wed. Location: Combat Fitness Mixed Martial Arts, Winooski. Info: Combat Fitness, Vince Guy, 343-3129, vteguy@yahoo.com, combatfitnessmma.com. Make fitness fun this year. Brand new 6000 sq.ft. training facility. Learn effective self-defense from experienced, certified and caring instructors while getting in the best shape of your life! Brazilian Jiu-Jitsu, Muay " ai Kickboxing, Western Boxing, Judo, MMA and Cardio programs. Student, military, law family discounts. Just off I-89 exit 15. combatfitnessmma.com, 655-KICK.

MARTIAL WAY SELF-DEFENSE CENTER. Please visit website for schedule. Location: Martial Way Self Defense Center, 3 locations, Colchester, Milton & St. Albans. Info: 893-8893, martialwayvt.com. Beginners will find a comfortable and welcoming environment, a courteous staff and a nontraditional approach that values the beginning student as the most important member of the school. Experienced martial artists will be impressed by our instructors' knowledge and humility; our realistic approach and our straightforward and fun taiten and killing policies. We are dedicated to helping every member achieve his or her highest potential in the martial arts. Kempo, Jiu-Jitsu, MMA, Wing Chun, Arnis " inksafe, Self Defense.

VERMONT BRAZILIAN JIU-JITSU. Mon.–Fri., 5:30 p.m., & Sat., 10 a.m. 1st class is free. Location: Vermont Brazilian Jiu-Jitsu, 55 Leroy Rd., Williston. Info: 660-4072, Julie@bjjusa.com, vermontbjj.com. Classes for men, women and children. Brazilian Jiu-Jitsu enhances strength, flexibility, balance, coordination and cardio-respiratory fitness. Brazilian Jiu-Jitsu training builds and helps to maintain courage and self-confidence. We offer a legitimate Brazilian Jiu-Jitsu martial arts program in a friendly, safe and positive environment. Accept no imitations. Learn from one of the world's best, Julie "Foca" Fernandez, CBJJ and IBJJF certified 6th Degree Black Belt. Brazilian Jiu-Jitsu instructor under Carlson Gracie Sr., teaching in Vermont, born and raised in Rio de Janeiro.

Brazil a 5-time Brazilian Jiu Jitsu National Feather weight champion and 3-time Rio de Janeiro state champion Rio de Janeiro Brazil

massage

Get Ready Fo B Valentine's a day Massa Ge Class Men only class materials demo & practice Jan 31 & Feb. 7 6 15-8 15 p m. Women only class materials demo & practice Feb 2 & 9 6 15 8 15 p m Cost $45/both sessions, $25/single session Limited space avail. Visa/MasterCard accepted. Call to reserve seat Location Reiki-Massage Bodyworks Essex Jct. Info 233-4733 reiki massage massagetherapy com Pre-Valentine's Day fun for you while learning how to surprise and treat your special someone to a relaxing massage. sessions taught by a certified massage therapist Techniques offered are Tension Tamer (head/neck/shoulders) and 10 l ittle Piggies Go to Heaven (foot message)

meditation

Int Rod UCtion to MedRation : Jan 28-Feb. 18 2-4 p.m. Weekly on Sat. Cost. $60/series Location 55 Clover Lane Waterdury Info 5ue 244-7909 Get a dasic orientation to an essential practice of the spiritual journey Team over a dozen techniques in this workshop that is more experientiel than intel lectual l ed dy Dr sue Mehrtens teacher and author

Int Rod UCtion to Zen. Sat Jan. 28 9 30 a m. 12.30 p m. Cost: $30/half day workshop limited-time price Location Vermont Zen Center 480 Thomas Rd., Shelburne. Info Vermont Zen Center 985-9748 ecross@crosscontext nat vermontzen org This workshop is conducted by an ordained Zen Buddhist teacher and focuses on the theory and meditation practices of Zen Buddhism. Preregistration required, call for more info or register online.

photography

1-on-1 P Ll Vate Classes Jan-12. Cost $65/half day $125/full day Location Linda Rock Photography Essex Jct. Info 238-8540 lrphotography@comcast.net Beginner Digital Photography, Intermediate Digital Photography, Digital Workflow Lighting Techniques set Up Your Photo Business People Posing Photoshop and more. see details at lindarock photography com sign up today!

CoNeRe Classes in Hines RUB Gat CVU HIGH e Choot | 200 offerings for all ages Location CVU High School 10 mins from exit 12, Hinesburg Info 482-7194 Photoshop Basics Digital camera: Buttons/Menus share Photos aperture Info shutter speed skills Photoshop Basics, Digital spectrum Next l ayers of Photoshop advanced Digital Photography: Blending/Filters Full descriptions online (look for access community education link) senior discount 5+

pilates

Pilates Mat & Cadilla C Classes. Every body loves Pilates & the Cadillac lets you use resistance springs & straps for a great workout w/out all the stress Location Natural Bodies Pilates 1 Mill St suite 372 Burlington Info 863 3368 lucille@naturalbodiespilates com NaturalBodiesPilates com For a strong, flexible and deautifully relaxed body in a calm and professional studio setting come in today! Improve your posture and mood. Be more creative in your career save on expensive medical bills Improve the quality of life. Have more enjoyable relationships and derive pleasure from healthy movement!

reiki

Us Ui Reiki, Int deGRee Feb 18 10 a.m.-5 p m. Cost $175/6-hr class (CEs avail for NCTME) Location Gathering Room Hinesburg Info Vermont Center for Energy Medicine Cindy Corse 985 9580 cindy@energymedicinevt com energymedicinevt.com. l earn Reiki a tradit onal Japanese healing art that facilitates health and transformation on all levels (body mind and spirit) Reiki can de supportive of any life psth or career In this class you will de attuned to Reiki and trained to practice Reiki for yourself loved ones plants and animals

relationships

Poly a Mo Ry Con Fellon Ce Sat., Feb 4 Cost $25/conference Location Address provided to registered participants S Burlington. Info VASE a sister organization of the New England Leather Alliance, Vermont Alternative Sexuality Education 881 4581 vtskink@gmail com, VTkink org Vase presents a BoPshop (risk-aware polyamory) featuring anita Wagner poly skills educator Bjame Holmes social psychologist, and Pam steeg, relationship therapist to present about the multi faceted world of polyamorous relationships The conference includes a safer sex class two topic centered classes, learning about a Poly Gnd and a Q&a panel!

shamanism

oie Reed eVot Ution Jan 22 10 s m 5 p m Cost $80/7-hr class Location Shaman s Flame Stowe Facility 78 Cody Hill Rd Stowe Info Shaman s Flame Peter Clark & Sarah Finley, 253-7846, peterclark13@gmail com shamansflame.com Us ng core shamanism we will investigate the possible celestial origins of our genetic heritage. The goal is to reach new understandings of our inner state as well as the current condition of the world. our potential future and the possible healing of past disempowerment shamanic journey experience required.

skiing

Re CkCo Unt By okiin G FoR WoMen. Fed 4 & 5 Sat., 8 a.m. 4 p.m. (followed by apres-ski) Sun., 9 a m.-3 p m Cost $195/person Incl Alpine & Nordic area passes on Sat. Nordic area pass on Sun. 2 days of instruction coffee/tea & light breakfast in the mornings Sat. apres-ski wine & cheese Location Bolton Valley Resort 4302 Bolton Valley Access Rd Richmond Info 655 8900 vtworksforwomen.org. Build skills and increase your confidence in a supportive environment! Two day program offers women a non intimidating and fun introduction to dackcountry skiing You'll learn the dasics of dackcountry skiing though plenty of individualized attention. This program is designed for beginner to intermediate skiers who want to take their skills to the next level some experience on skis is necessary

spirit

2012 neW Cons Cio Usness deWee, Wit H daRadt tHany Ro Hyodt tolte C Wisdo M keePeR e tie R, se Und Heale R end nalu Ve aRtist. Jan 28-29 Feb 25-26 Mar 21 & 24 Apr 21 22 May 18-20 Jun 14 15 Jun 16-17 Cost $200/weekend class $125/day $950/series Sliding scale and work exchange possible. Location ., Central Vermont. Info Council of All Being 831-7692 gwenhs@gmail com councilofalldeings org Mayan and Toltec Prophesy Meditation and Practice for new times sacred drumming, sound healing ancestral connections listening for wisdom in nature finding your voice, meeting your guides 1000 Drum ceremony council of all Beings To read workshop details please visit global community org/cgi/gc/cals-program-info.html

tai chi

anake- otyle tol CHi CHUan. Beginner classes Sat. mornings & Wed evenings Call to view a class Location Bao Tod Fat Chi Institute 100 Church St. Burlington Info 864 7902, iptochi org The Yang snake style is a dynamic tai chi method that mobilizes the spine while stretching and strengthening the core body muscles. Practicing this ancient martial art increases strength, flexibility vitality peace of mind and martial skill

yan G-style tol CHi New 9-week Beginner's session started Jan 11 & meets so Wed at 5 30 $125 All levels class on Sat., 8 30 a m Cost $16/class Location Vermont Tai Chi Academy & Healing Center 180 Flynn Ave., Burlington Turn right into driveway immediately after the railroad tracks. Located in the old Magic Hat Brewery building Info 318-8230 Tai chi is a slow moving martial art that combines deep breathing and graceful movements to produce the valuable effects of relaxation Improved concentration improved dalance a decrease in dlood pressure and ease in the symptoms of fibromyalgia Janet Makaris, Instructor

vermont center for yoga and therapy



Healtn G GSieF tMB o UGH Mind FUlness & Mo VeMent Jan 30 Mar 5 7 9 p m. Weekly on Men Cost $135/series Location Vermont Center for Yoga and Therapy 364 Dorset St., suite 204 S Burlington Info 658-9440 vtcyt com. Many of us hold unresolved grief Is there a disappointment or loss from your life that stands in the way of your happiness now? Having trouble letting go? If you feel ready to engage in your life in a new way or renew your faith in yourself join us special guests Joey corcoran and susen sosseman.

Reste Rati Ve yo Ga and Reiki Wit H onns Mo Rtln ond Mo GGie Mae and e Rson Jan. 22 4 6 p.m. Cost $35/2 hr class Location Vermont Center for Yoga and Therapy 364 Dorset St., Suite 204 South Burlington. Info 658 9440 vtcyt.com. This workshop offers you a space to access deep levels of relaxation through Restorative Yoga (mindfully supported asana) Reiki Pranayama and chanting The combination of this collection leads to a state of inner stillness and receptivity in which all levels of the dody mind and spirit can open to healing

tea Rnin G to Ride t He WaVe l yo Ge FoR Mood Mena GeMent 6-wk. series Mon 5 15-6 30 p.m. Location Vermont Center for Yogs and Therapy 364 Dorset St suite 204, S Burlington Info 658 8440 vtcyt com l earn how yoga can maintain and enhance your mood. Moving through heart opening spirit-lifting asanas this class will also include breath work, body awareness techniques and guided meditations that aid in keeping our spirits up and our minds clear special guest Maggie Mae anderson

dieie Cti Cel Ne HaVie R tHeRaPy (dIT) akiNe G Re UP Wit H ed dIenne et Daky Feb 6-Apr 30 6 7 30 p.m. Weekly on Monday Cost $40/class. Sliding fee options available, Medica d payment accepted. Location Vermont Center for Yoga and Therapy, 364 Dorset St., Suite 204 South Burlington Info 658 9440 vtcyt com DBT teaches new skills or behaviors that can be applied to current stressors to ultimately bring us the quality of life and/or peace of mind we deserve. The philosophy behind this group is that mindfulness practices as an essential DBT component that enables us to fully utilize newly learned skills

wingspan studio



Classes Fine Art, Faux Finishes, Murals
Maggie Standley 233 7676
wingspanpaintingstudio com

Arts-infused interdisciplinary Inspiring classes camps and workshops for kids teens and adults Visit the classes section at wingspanpaintingstudio com for more details Sliding scale available all abilities welcome Let your imagination soar!

Ran Jo UBI FRen CH Classes FoR yo UtH & adUlts Location wingspan Studio 4A Howard St., Burlington Preschool FRaRT) ages 3 5 with adult Tuesdays January 24 through February 21 3 30-4 30 p.m. $125 explore French and francophone cultures through art, song music and more! after school FRaRT ages 6-13 Thursdays January 26 through February 23 3 30-5 30 p.m., $175 same as above adult Intermediate French Tuesdays January 24 through March 27 5 30-7 p m $175 Invigorating class for those with solid base of grammar speaking and comprehension skills (eight maximum)

Paintin G tn alls & o CRyll Cs FoR al UIts Thu., Jan. 26-Mar 15 8-wk class 8-11 30 a m. Cost $225/series Location wingspan Studio 4A Howard St., 3rd floor Burlington In depth class covering painting techniques creativity exercises and review of elements and principles of visual art. Working in artist's beautiful studio you'll have ample painting time participate in group critiques and receive constructive feedback/view demos. class designed for those with previous painting experience in oils or acrylics

yoga

eVot Ution yo Ga $14/class $130/class card $5 $10 community classes Location Evolution Yoga Burlington Info 864 8642, yoga@evolutionvt.com, evolutionvt.com evolutions certified teachers are skilled with students rang ng from deginner to advanced We offer classes in Vinyasa anusara-inspired Kripalu and Iyengar yoga Bodies/kids classes also available! Prepare for birth and strengthen postpartum with pre-/postnatal yoga and check out our thriving massage practice. Participate in our community blog evolutionvt com/evoblog

ta UGHin G RiVeR yo Ga Mon., Fri., 9 a.m. classes sliding scale $5-15 Cost $13/class $110/10 classes $130/unlimited monthly Location Laughing River Yoga Chace Mill suite 126 Burlington Info 343 8118 laughingriveryoga com Our essence is unconditional love. explore for yourself with yoga classes, workshops and retreats taught by experienced and compassionate instructors in a variety of styles Including Kripalu Jivamukti Vinyasa Yoga Trance Dance, Yin Restorative, meditation and more all dasics and abilities welcome

MoRGaRet Pitkin at at U-dioM Jan. 28 11:30 a m. 5 p.m. Cost. $55/person in advence, $63 day of event. Location. studioM Yoga 179 Main St. (above Lindes Apparel) Vergennes Info studioM Yoga, 395 0083, mlajoice@studiomyoga com, studioMyoga com saraswati Goddess of the essential Flow We will explore refinement of our own capacity to align with the intelligent orderly and exquisitely dynamic current of life and thus to step more and more fully into the powerfully creative flight of our hearts come play and explore the healing heart opening power of anusara yoga all levels

yo Ga "VaC: We offers variety of classes throughout the week Cost $12/class $100/10 classes. Location Yoga "VSC 38 School St. Johnsen Info 635 2727 yoga@vermontstudiocenter org vermontstudiocenter.org/meditation-yoga Yoga"Vsc s Jivamukti Kripalu and Kundalini-trained teachers will guide you through a practice designed to nourish both body and mind We offer yoga tai chi and meditation to students of all levels and abilities You'll leave class with a stronger more flexible body and a softer more spacious feeling inside your heart.

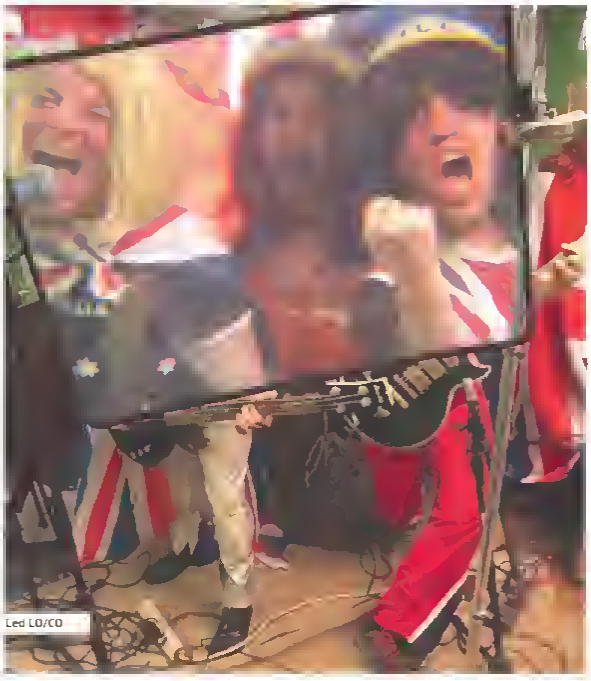
Dicks Joke

The great phallus-y of Led LO/CO

BY CHESTER BANGS

After years of making Burlington a regular stop on their tour itinerary, Aussie cock rockers Led LO/CO went on a lengthy hiatus following a 2009 incident at a Vermont nightclub that landed the entire quartet in jail. Now, the sort-of-legendary band is free on work release and set to play its first Queen City gig in years this Friday at Nectar's, with the Dirty Blondes.

Recently, *Seven Days* dispatched unemployed rock journalist Chester Bangs — Lester Bangs' red-haired second cousin — to interview Led LO/CO. Here's what happened.



MATTHEW THOMPSON

Led LO/CO

SEVEN DAYS: Take me back to the night the band was arrested. What happened?

IAN ROCK: Well, we were playing a show in Cocklester, or Winosty, or wherever it is around here, and this unappreciative, four-eyed, drunkard collegiate bloke in the audience just, like, wouldn't stop his yappin'. It was, like, in between and during the songs, just like, "Fuck you!" You suck! 'Freebird!'," over and over again. You Yanks can be quite original sometimes. So, as I'm finishing off a bottle and about to throw it at the guy, Reg comes over and stops me. Like, he can be the voice of reason, you know? So we begin the next tune and this college douche just starts right up again, and halfway through Reg comes over to me and whispers, "The second the song is over, I'm gonna fucking deck that geezer." Well, that's just what he did. That little shit certainly learned something he can't at VMU, or whatever. And we learned what drunken fratboy riots are.

NIGELTON ROCK: It was a true "decking." I mean, he looked like a deck!

DRUM ROCK: It was worth it.

REGINALD ROCK: Yeah, but what I actually said was, I was gonna "dick" that geezer. You know, with me mid stick on his greezy face, show him me freed bird and see who sucks now, right? But after I jumps down off stage I realizes I got me nether protectors on, and he's looking at me with his fuckin' twisty face that only a mother could love, so I figure better him than me, and so I make his acquaintance with the floor ... which is a kind of deck, when you think about it, so ... yeah.

SD: You guys formed in 1971, meaning you're all roughly 60. Yet you're still rocking hard. What's your secret?"

IR: I dunno. You look like a poofter ginger journo who's never heard of Strunk or White. What's yours? Sunblock?

NR: Well, well, well. Looks like we got a regular math wizard at the helm, eh?

DR: Vegemite.

RR: Ya goddamned right I'm rocking hard. I'm hard and it ain't a secret for no one. If you're so interested in if I'm rock hard or not, you should come down to the show and stick around backstage afterward. I'm not sexist, and besides, I got a thing for gingers.

SD: The original lineup disbanded over 19 musical differences. What were they?

IR: Mainly we argue about food, really. And Franz Liszt. He could make women achieve orgasmic ecstasy with his piano playing. If I can do the same with a simple "Fuck you" to the audience, tell me: Who's the better musician? I think Nigel thinks the former.

NR: "Yeah, those guys practice and I don't.

SD: You're stranded on a desert island and can only have one of the following: sex, drugs or rock and roll. Which do you choose and why?

IR: That's a stupid question. I thought they were all one thing. And what the hell makes you think we'd be stupid enough to get stranded on a bloody island? Piss off, mate.

SD: Def Leppard used to color code the front rows of their shows to make it easier for security to find women to bring backstage. Will LO/CO be employing any such measures at Nectar's?

IR: Unfortunately, seeing Def Leppard perform "Pour Some Sugar on Me" when they opened for us in 1985 rendered me color-blind. Wankers!

DR: Any band that color codes anything are wankers.

RR: I like to wank hands 'til they see colors. Wait ... I take that back.

SD: You claim that several European metal bands ripped off your sound in the 1980s. Anyone in particular you've got a beef with?"

IR: There were these Johnny-come-latelies calling themselves Bone Cobra back then. Wankers!

DR: None now. They're all dead.

RR: No, but I can tell you who's I'm gonna have beef in. Here's a hint: you.'

SD: Robert Christgau once wrote that Led LO/CO are "nothing more than a diseased homeless man's version of Zep and AC/DC with artistic integrity roughly as substantial as their feathered bangs. And they have bad teeth.' What do you say to these criticisms?

IR: Isn't he the guy who gave Neutral Milk Hotel's *In the Aeroplane Over the Sea* a shit review? Who needs 'im? Wanker!

NR: Isn't that the guy who banned smoking on Chapel Street or somefin'?

DR: Christgau will be avenged.

RR: Me bangs ain't feathered, so piss off.

SD: You've outlasted disco, grunge, the second coming of Duran Duran and numerous other trends in pop music. How do you account for your enduring semipopularity? Subquestion: Is it better to burn out or fade away?

IR: Well, it's all about maintaining integrity and respect for your craft. That's what it's all about, really. As far as your High Infidelity-inspired subquestion, I'll answer. Have you ever [had sex with] someone while they were burning out and/or fading away?"

NR: 'Never said I outlasted disco, man. And to prove it, I'm stayin' alive!" Did you answer Ian, tho?

DR: You should answer Ian's question, mate.

RR: I feel sorry for whoever this Duran Duran guy is, having nosy goobs like you counting whether or not they came and then running a tally. For shame. And speaking of experience and doing jobs: It's like you never heard of a question before. We're all on the edge of our bloody seats. ⑦

Led LO/CO play Nectar's in Burlington this Friday, January 20, with the Dirty Blondes. 9 p.m. $5.

SOUNDbites

BY DAN BOLLES

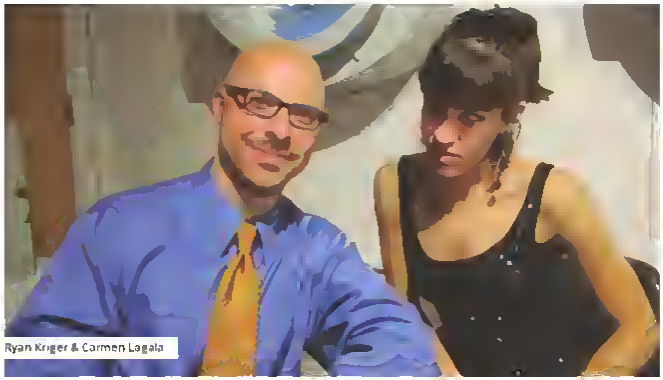
Funny Business

It's the middle of January, which in Vermont means three things. One, it's cold, and will remain so for at least three more months, possibly four. Two, thanks to seasonal affective disorder, half the state's population is depressed, and maybe contemplating a move to California. But I'd urge folks to put a hold on that U-Haul rental because of our third January thing: the annual Higher Ground Comedy Battle, which takes place this Saturday, January 21, at the Higher Ground Ballroom.

Typically, reportage on local comedy in these pages has been driven by marveling at how far along the art form has come. And with good reason. In the last couple of years, homegrown standup has experienced a boom in popularity, directly tied to the increase in both quantity and, more importantly, quality of performers in and around these Green Mountains. Not to sound like a broken record, but local comedy is increasingly for real. (By the way, that will be the last time I make that statement. From here on in, it's just assumed, OK?)

The coming-out party for Vermont comedy was actually last year's HG battle, which was by far the strongest lineup in the contest's eight-year history. The months that followed saw a multivenue, three-day local comedy showcase (the Green Mountain Comedy Festival), an increased number of comedy nights and open mics cropping up around the state, successful comedy benefit shows for Tropical Storm Irene recovery, and the opening of Vermont's only comedy club, Levity, in Burlington.

Why was last year's battle so much better than



Ryan Kriger & Carmen Lagala

MOSAYK.NET - DAVID TOD

in previous years? The increased opportunity for local cutups to hone their chops. Practice makes perfect, especially in an unpredictable discipline such as standup. Given that comedians have even more performance outlets now, it stands to reason that this year's battle could, nay, *should* outstrip even last year's show. But, hey, no pressure!

A glance at this year's lineup bears out that assertion. For starters, 2011's champ, **NATHAN HARTSWICK**, returns to defend his crown. I caught one of his sets recently at Main Street Landing and can say he'll be tough to beat. He's even more polished now and, as a comedian friend of mine noted that night, Hartswick has a great sense of timing and joke construction.

But I'm guessing some of last year's finalists may have something to say about this. **COLIN RYAN**, who led my ballot last year, is back, as is fellow finalist — and Levity manager — **CARMEN LAGALA**, who was a revelation as a rookie last year. Also on the bill is Lagala's boss, Levity founder **RYAN KRIGER**. Is it me, or does that have the potential for some serious workplace awkwardness should Lagala win? (And she could.)

There are several other familiar names and faces on the marquee, as well, including battle vets **MIKE THOMAS, NATALIE MILLER, PAT LYNCH, SAM PELLETIER, KYLE RAGNON** and **TONY BATES**. And then there are newcomers **JOSH STAB, KIT RIVERS, ABHI KULKARNI** and **JORDAN PAQUETTE**.

But perhaps the most intriguing entrant of the night is (apologies to Battle host **LEE "the Butcher" SEELA** for stealing this line) the "**SUSAN LUCCI** of the Higher Ground Comedy Battle," **ALEX NIEF**.

Nief is returning from a two-year battle hiatus. Prior to his break, he was a perennial finalist. But he's never won, hence the Lucci comparison. When he's on, Nief is a talent. Regardless of how he fares, it's great to see him back, and his presence suggests a great night of local comedy.

BiteTorrent

If you happen by the BCA Center this Saturday, January 21 — and I suggest you do, if you're not into comedy — you may notice something a little different about local indie duo **PARMAGA**. Namely, that drummer **BRETT FIORENTINO** suddenly looks an awful lot like the bassist from **MAN MAN** and **SANTIGOLD**. Funny story. That *is*, in fact, the bass player from Santigold and Man Man. His name is **CHRIS SHAR**, and he's new to town. So be nice. The word from Parmaga's **BRYAN PARMELEE** is that Fiorentino left the band over the summer when he moved to Connecticut. Shar approached Parmelee about jamming in June, which eventually led to him joining the band full time on drums, and occasionally bass. Parmelee adds that the newly constructed duo is working on a follow-up album to last year's *Ghost Pops* EP, which should appear soon. In the meantime, check out the new duo at the BCA Center, along with Montréal's **PARLOVR**, Northampton's **MOUNTAIN INTERVAL** and **DJ VINYL BITCHIE**.

DJ DISCO PHANTOM is expanding his empire. In addition to spinning at every cool show that's ever happening anywhere in Vermont, he's getting into the promotions game. (By the way, I'm only

SOUNDBITES » P61

Follow @DanBolles on Twitter for more music news. Dan blogs on Solid State at sevendaysvt.com/blogs.

HIGHER GROUND
BALLROOM • SHOWCASE LOUNGE
1214 WILLISTON RD • SO. BURLINGTON • INFO 802-652-0777
PHONE ORDERS: TOLL FREE 800-982-SHOW (7469)
INFO & TIX: WWW.HIGHERGROUNDMUSIC.COM
SAT, 1/21 | $10 ADV / $15 DOS | DOORS 7:30, SHOW 8PM | 16+
HIGHER GROUND COMEDY BATTLE VIII
GREENSKY BLUEGRASS
JATOBA
MATT NATHANSON
AUDRA MAE
LIGHTS
SAVOIRADORE
COLLIE BUDDZ
ZION I, NEW KINGSTON
FLAT NOSE DIESEL BUS
CATS UNDER THE STAIRS
RUBBLEBUCKET
SUPERHUMAN HAPPINESS, RYAN POWER, DJ DISCO PHANTOM
JOHNNY WINTER
MR. FRENCH
OCD: MOOSH & TWIST
JACOB ES, DUK
FIRST FRIDAY
PAMELA MEANS, DJS PRECIOUS & LLU
PATTY LARKIN
EMANCIPATOR
LITTLE PEOPLE, NATASHA KMETO, MUSHPOST DJS
KATHLEEN EDWARDS
HANNAH GEORGAS
PASSAFIRE
SUMMER PEOPLE
CHARLES BRADLEY & HIS EXTRAORDINAIRES
LITTLE BARRIE
THE WINTER FIESTA
DJ TWO RIVERS
SAT 3/10 WATCH IT @ THE BALL
SUN 3/11 ALICE IN CHAINS, AUSTERITY
SUN 3/11 ZOSO
MON 3/12 CHRIS WEBBY
TUE 3/13 WILLIAM FITZSIMMONS
TUE 3/13 THE DEVIL MAKES THREE
TICKETS ALSO AVAILABLE AT THE BOX OFFICE
(M-F 11a-6p, Sa/Su 3-7p, 4pm Later on Show Nights)
or DOWNLOAD VERMONT (GYM RATS NOT REQ).
ALL SHOWS ALL AGES UNLESS NOTED.



SAt 21 // Gr EENSkY BLUEGr ASS [BLUEGr ASS]

Which Way to the Gun Show?

Bluegrass musicians tend to be particularly reverent to tradition. And yet the genre has long proved fertile territory for progressive thinking and picking, resulting in a wide spectrum of grassy varietals — from newgrass and jazzgrass to punkgrass and beyond. Michigan's **gr EEnsky BLuEgrass** embody that bipolar trait. Their latest record, *Handguns*, boasts traditional picking prowess, as well as gleeful concessions to more modern, pop-centric styles including rock and country. This Saturday, January 21, the band headlines a hoedown — or is it a hootenanny? — at the Higher Ground Showcase Lounge. Local prog grass outfit **Jale Ea** open, celebrating the release of a new CD. (See the review on page 63.)

WED.18

burlington area

1/2 Loung E scott mangan B Guests (singer songwriters) 7 p.m. Free. Rewind with DJ craig mitchell (retro) 10 p.m. Free. REwind with DJ Fattie B (retro) 10 p.m. Free.

Franny o o Karaoke, 9:30 p.m. Free.

LEunig o Bistro B Co Fé cody sargent Trio (jazz) 7 p.m. Free.

Manhattan Pizza B Pu B Open mic with Andy Lugo 10 p.m. Free.

nECtar'o Patience, Les Racquet (folk rock) 9 p.m. Free/$5 18+.

roDio BEan Bob Gagnen's Gypsy Jazz E p.m. Free. Ensemble V (jazz) 7:30 p.m. Free. Irish sessions E p.m. Free.

rED oquar E. starlme Rhythm Boys (rockabilly) 7 p.m. Free. DJ creB (hip hop) 10 p.m. Free.

thE okinny Can CakE. Wednesday Night Fun-Waisar with Joshua Panea (soul) E p.m. $5 10 donation.

central

Bagitos Acoustic Blues Jam, 6 p.m. Free.

thE BLuEk Door swing Night B p.m. $5.

Char LiE o E Alack Woog, sky splitterink Loud One, mr Yee & Tank, Face-One, mertz (hip-hop) B p.m. Free.

gusto's Open mic with John Lackard 9 p.m. Free.

th Bokinny Pan CakE Wednesday Night Fun Waiser with mark LeGrand (country) 6 p.m. $5-10 donation.

toPELo Musi C ho LL. interplay Jazz Jam, 7 p.m. $10. AA.

champlain valley

51 Main Blues Jam E p.m. Free.

City Li Mits Karaoke with Let it Rock Entertainment E p.m. Free.

northern

BEEo knEEs Last October (folk) 7:30 p.m., Donations.

Moog o Joel meeks (acoustic) B 30 p.m., Free.

regional

Mono PoLE Open mic, E p.m., Free.

thu .19

burlington area

1/2 Loung E Burgundy Thursdays with Joe Adler, Zack duPont (singer-songwriters) 7 p.m., Free. Harder They come with DJs Gauze, chris Pattison, Treakz, crookS, Adrian untzer (dubstep) 10 p.m. Free.

CLuB MEtrono ME. Waylon speed, Dixie Weiss featuring Joshua Panea (speedwestern) B p.m. $6/12. 18+.

Franny o o Karaoke E p.m. Free.

high Er groun D BaLLroo M Bairstein Blackout Tour: World's Biggest Blackright Party with Dante the Doo, cake Effect, DJ Jakels, DJ Ordan (EDm) 10 p.m. $13. AA.

LEvity Ca Fé Open mic (standup) B 30 p.m. Free.

Monk Ey hous E mega, smith and Weeden (rock) B p.m., $5.

MuEDy Wat Ers Ambient World (electro-acoustic) 9 p.m. Free.

nECtar'o Tavia manoo with Top Hat Entertainment, 7 p.m. Free. Turbine (rock) E 30 p.m. Free/$5 18+.

o Bri En o Irish Pu B DJ Geminic (hip-hop), B 30 p.m., Free.

on topE Bar & gri LL. collette & the mudcats (acoustic) 7 p.m. Free.

roDio BEan Jazz sessions E p.m. Free. shane Hardiman Trio (jazz) B p.m. Free. The unlEarable Light cabaret (eclectic) 10 p.m., $3. Kat Wright & the Indomitable soul Band (soul) 11 p.m. $3.

rED oqoor E DJ Dakota (hip hop) E p.m. Free. A Dog Presents (hip-hop) 10 p.m. Free.

rED oquar E BLuEr no M DJ creB (house) 9 p.m. Free.

r i s o Irish Pu B Trench Town Oddities (rock) E p.m. Free.

th E okinny Pan CakE Anya sirEan (singer songwriter) B p.m. $5 10 donation.

vEnuE Karaoke with steve Leclair 7 p.m. Free.

central

Bagitos Allsen mann & colin mccaffrey (folk) 8 p.m. Free.

gr EEn Mountain tav Ern Thirsty Thursday Karaoke, 9 p.m., Free.

champlain valley

51 Main The Paradiddles (rock) 7 p.m. Free.

Caro L o hungry Min D CaFe An Evening with Four Vermont Writers 7 p.m. Free.

tWo Broth Ers tav Ern DJ Jam man (Top 40) 10 p.m. Free.

northern

BEEo knEEs Dan Liptak & Greg Evans (jazz), 7:30 p.m. Donations.

Moog o Pat Guadagno (acoustic) B 30 p.m. Free.

r iMro Cks Mountain tav Ern DJ Two Rivers (hip-hop) 10 p.m. Free.

regional

Mono PoLE Ba Wmstairs Gary Peacock (singer songwriter) 10 p.m. Free.

oLivEr tOLEy o Karaoke, 6 p.m., Free.

toBu Co Fe B night CLuB Karaoke Night with sassy Entertainment 5 p.m. Free.

thEa Py Therapy Thursdays with DJ NYcE (Top 40) 10:30 p.m., Free.

Fri .20

burlington area

1/2 Loung E Brett Hughes (swampy-tonk) 7 p.m. Free. Boogmur-Hit (house) 10 p.m., Free.

BaCksing E PuB Last Word (rock) 9 p.m. Free.

FRI 20 » PE2

SOUNDbites

CONTINUED FROM PAGE 59



Ambient World

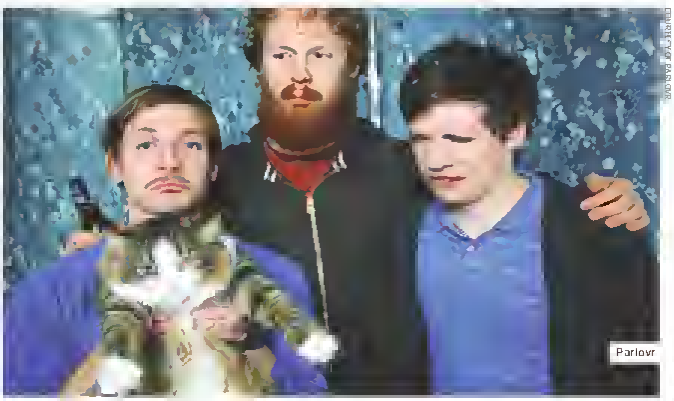
sort of joking about the ubiquity of Mr. Phantom Dude played nearly 150 shows last year. Really.) He debuted DJ Disco Phantom Presents with a New Year's Eve gig at the Monkey House. It went so well, he's doing it again this Friday, January 20, at the Monkey House with headliner **KENIA OBANOS** (see the spotlight on page 62), **HELLO SHARK** and a new(ish) outfit, **GOLDEN CLAWS**. That last band bills itself thusly: "When all the '80s retro hipsters, '70s synth dronesters and noise evangelists have fallen out of fashion yet again, there will remain the likes of Golden Claws, who make compelling music by utilizing whatever sounds and tools serve their vision." Dicksh pomposity aside, their debut EP, *The Desert*, is an ambitious suite of music that utilizes adventuresome melodies, sparse but crafty instrumental arrangements and powerful harmonies that is, indeed, compelling. This band bears watching.

Congratulations to Higher Ground, which came in as the 51st-most-popular live music nightclub in the world in 2011, according to Pollstar's annual roundup, which ranks clubs by volume of ticket sales. Other notable regional clubs in the rankings include Metropolis in Montréal (No. 9), House of Blues Boston (No. 3) and Paradise Rock Club in Allston (No. 15). Several New York City clubs were found throughout the top 100, including Terminal 5, which ranked No. 1 overall. Interestingly, Burlington has exactly as many clubs in the top 100 as does San Francisco: one.

SQUID CITY's **THOMAS PEACO** has a new solo project, **AMBIENT WORLD**, that he's unveiling this Thursday, January 19, at Muddy Waters. Peaco writes that he'll be creating ambient soundscapes using a mix of digital looping, sampling and fingerpicking guitar techniques — in seven different tunings, no less.

DJs **FATTIE B** and **CRAIG MITCHELL** are at it again, with the fourth round of their ongoing Soundclash DJ battle at the 1/2 Lounge on Wednesday, January 25. To recap, the two local turntable titans go head to head, each trying to outdo the other with crowd-pleasing jamz from across the many-splendoted spectrums of hip-hop, R&B, reggae and whatever the hell else they feel like playing. Then they box, presumably. Rounds one and two were unanimous draws, but Fattie B pulled out a victory at the bell in round three. The guess here is that Mitchell comes loaded for pay back.

Last but not least, the next installment of the Brick Church Music Series at the Old Brick Church in Williston is this Friday, January 20, and promises to be quite the hootenanny. Slated to appear are two excellent local string bands, the **STRING FINGERS BAND** and all-star outfit **AFTER THE RODEO**. Yee haw ⑦



Parlovr

Listening In

Once again, this weeks totally self-indulgent column segment, in which I share a random sampling of what was on my iPod turntable CD player 8-track player etc., this week.

Brown Bird
Salt for Salt

Other Lives,
Tamer Animals

Anthony Hamilton,
Back to Love

Keepaway,
Black Flute

Charlie Haden,
Come Sunday

THREE BROTHERS Pizza & Grill
FAMILY OWNED & OPERATED



Winter Special
1 Large 1 Topping
1 Dozen Chicken Wings
2 Liter coke product
$19.99
Plus tax. Delivery & take-out fees. Expires 1/31/12
973 Roosevelt Highway
Colchester • 655-5590
www.threebrotherspizzavt.com

Nectar's
LIVEATNECTARS.COM

WED -1/18 - NECTAR'S
FATTIE B & LES RACQUET (FOLK/ROCK)
THU-1/19 - NECTAR'S
TURMOIR (ROCK)
CLUB METRONOME
WAYLON SPEED (COUNTRY/METAL/ROCK)
WITH CHIC WEISS FT. JOSHUA PANDA
FRI -1/20 - NECTAR'S
LED LOCO (ROCK COVERS)
WITH THE DIRTY BLONDES
CLUB METRONOME
NO DIGGITY 90'S NIGHT 9PM
NOW FREE ALL NIGHT LONG!
THE ENTIRE MONTH OF JANUARY
SAT - 1/21 - NECTAR'S
ZACK DUPONT BAND (FOLK/ROCK)
WITH DARLINGSIDE AND JAMIE KENT
CLUB METRONOME
RETRONOME 80'S NIGHT 9PM
SUN -1/22 - NECTAR'S
IN YARD REGGAE NIGHT
CLUB METRONOME
GANG OF THIEVES (FUNK/ROCK)
WITH TORPEDO ROCCO
MON -1/23 - NECTAR'S
METAL MONDAYS
WYRMCHILD • MADE IN IRON
BLACK ON BOTH SIDES • WHITE NOYEZ
TUE - 1/24- NECTAR'S
DEROBERT & THE HALF TRUTHS
WITH JESSE DEE (SOUL)
WED-1/25 - NECTAR'S
LOVES !!! (FOLK)
WITH CASH IS KING
THU 1/26 - NECTAR'S
LOVT IN STOLKHOLM (ROCK N' SOUL)
FRI -1/27 - NECTAR'S
SPIRITUAL REZ (REGGAE/FUNK/DANCE)
WITH CUNT BIERMAN & THE NECESSARY MEANS
CLUB METRONOME
NO DIGGITY 90'S NIGHT 9PM
NOW FREE ALL NIGHT LONG!
THE ENTIRE MONTH OF JANUARY
SAT - 1/21 - NECTAR'S
BLUES FOR BREAKFAST
(GRATEFUL DEAD TRIBUTE)
CLUB METRONOME
RETRONOME 80'S NIGHT 9PM
188 MAIN ST
BURLINGTON, VT
802 658 4771
TICKETFLY.COM

FRI.20 « P.60

CLUB METRONOME No Diggity Return to the 90s (90s dance party) 5 p.m., $5

HIGHER GROUND BALLROOM Barstool Blackout Tour: World's Biggest Blacklight Party with dante the Don, Cake Effect, DJ Jakels, DJ Dirlan (EDM) 10 p.m. $13 AA

JP'S PUB Dave Harrison's Starstruck Karaoke 10 p.m. Free

LEVITT CAFÉ Friday Night Comedy (standup) 8 p.m., $5 Friday Night Comedy (standup) 10 p.m. $5

LIFT Ladies Night 9 p.m. Free/$3

MARRIOTT HARBOR LOUNGE The Peterman Sextet (jazz), 8:30 p.m., Free

MONKEY HOUSE DJDP Presents: Xenia Rubinos, Golden Claws, Hello Shark, DJ Disco Phantom (indie) 9 p.m. Donations

NECTAR'S Seth Yacovone (solo acoustic blues) 7 p.m., Free. Led LD/CD & the Dirty Blondes (rock) 9 p.m. $5

RN TAP BAR & GRILL Mitch & Friends (acoustic) 5 p.m., Free Starline Rhythm Boys (rockabilly) 9 p.m. Free

PARK PLACE TAVERN Area 51 (rock) 9:30 p.m. Free

RARITY BEAN Anya Skolan (singer-songwriter) 7 p.m. Free. Daniel Harmon (singer-songwriter) 8 p.m., Free. The Wall Stiles Band (folk-rock) 9:30 p.m. Free Isis & the Elevator (rock) 11 p.m., Free Mojoceratops (rock) 12:30 a.m., Free.

RED SQUARE Brian Dolanzi (singer-songwriter) 5 p.m., Free The Amida Emerson Project (folk-rock) 8 p.m. $5 Bayou-Hill (house) 11 p.m. $5

RED SQUARE GLUE ROOM DJ Stavros (house) 10 p.m. $5

RUBEN JAMES DJ Creb (hip-hop) 10:30 p.m. Free.

RÍ RÁ IRISH PUB Supersounds DJ (Top 40) 10 p.m., Free.

THE SKINNY PANCAKE Live Music 8 p.m. $5-10 donation

TOOHEYS RESTAURANT AND BAR The Subtle Bandits (rock) 8 p.m. Free.

VENUE Cousin It (rock) 9 p.m., $5

central

BAGITOS John Mowad (folk) 6 p.m., Free

THE BLACK DOOR Abby Jenne & the Enablers (rock) 9:30 p.m., $5

CHARLIE O'S Fire Tiger (pop) 10 p.m. Free

GREEN MOUNTAIN TAVERN DJ Jonny P (Top 40) 9 p.m. $2

THE RESERVOIR RESTAURANT & TAP ROOM DJ Slim Pkny All Request Dance Party (Top 40) 10 p.m., Free.

champlain valley

CITY LIMITS The Johnny Devil Band (rock) 5 p.m. Free

TWO BROTHERS TAVERN Phinees Gage Project (acoustic rock) 10 p.m. $3



FRI.20 // XENIA RUBINOS (INDIE)

Child's Play Seemingly on a whim, **XENIA RUBINOS** can be fiendishly devious or sweetly innocent. The bilingual, Brooklyn-based indie rock songwriter's music embraces and enhances that dichotomy, characterized as much by subversive tape loops and grainy synth as by the melodies and rhymes of — wait for it — Puerto Rican and Cuban children's songs. This Friday, January 20, she stops by the Monkey House in Winooski for a show with Burlington's **GOLDEN CLAWS**, **HELLO SHARK** and **DJ RISCO PHANTOM**

northern

BEE'S KNEES Leslie Grant & Stepstone (folk), 7:30 p.m., Donations

THE HUB PIZZERIA & PUB Step Stones (rock) 9 p.m. Free

MATTERHORN Dr. Yes & the No Nos (jam) 9 p.m., $5

MRDG'S Malicious Brothers (blues) 9 p.m., Free

RIMROCKS MOUNTAIN TAVERN Friday Night Frequencies with DJ Rekkon (hip-hop) 10 p.m. Free

regional

MRNRPRLE Sinecure (rock) 10 p.m. Free.

RLIVE RIDLEY'S Glengarry Bhoys (Celtic rock) 10 p.m. $20/35

THERAPY Pulse with DJ Nyce (hip-hop) 10 p.m., $5.

SAT.21

burlington area

1/2 LOUNGE Higoni Trio featuring Craig Myers (world music) 7 p.m. Free Sin Orgy with T Watt, R2 QDD (house) 10 p.m. Free.

BACKSTAGE PUB Smokin Gun (rock) 9 p.m. Free.

CLUB METRONOME Retronome (80s dance party) 10 p.m., $5

FRANNY O'S Karaoke 9 p.m. Free

HIGHER GROUND BALLROOM Higher Ground Comedy Rattle (standup) 8 p.m. $12/14, 14+

HIGHER GROUND SHOWCASE LOUNGE Greensky Bluegrass, Jataba (bluegrass) @ 8:30 p.m., $10/12 AA

JP'S PUB Dave Harrison's Starstruck Karaoke 10 p.m. Free.

HECTAR'S Zach duPont Band, Darlingside, Jamie Kent (rock, folk) 9 p.m. $5

RN TAP BAR & GRILL The Real Deal (R&B) 9 p.m. Free.

RADIO BEAN Less Digital More Manual Record Club 3 p.m. Free. Myra Flynn (neo-soul) 6 p.m., Free. Belcher's comp (experimental) 7 p.m., Free. Rupert Wates (singer-songwriter) 8:30 p.m., Free. Pete Robbins Quartet (jazz) 10 p.m. Free Fairweather Friends 11:30 p.m. Free The Lynguistic Civilians (hip-hop) 12:30 a.m., Free.

RED SQUARE DJ A Dog (hip-hop) 11:30 p.m., $5

RÍ RÁ IRISH PUB Kenny Mehler Band (rock) 10 p.m. Free

THE SKINNY PANCAKE String Fingers (bluegrass) 8 p.m. $5-10 donation

central

BAGITOS Irish Session 2 p.m., Free

THE BLACK DOOR The Sara Grace Band (soul) 9:30 p.m. $5

CHARLIE O'S Andrea Gillis Band (soul-rock) 10 p.m. Free.

CORK WINE BAR Eames Brothers Band (mountain blues) 8:30 p.m., Free.

POSITIVE PIEZ Afrinique (Afro-Latin) 10:30 p.m. Free

THE RESERVOIR RESTAURANT & TAP ROOM The Boomflowers (rock) 10 p.m. Free.

champlain valley

CITY LIMITS Dance Party with DJ Earl (Top 40) 9 p.m., Free

TWO BROTHERS TAVERN Horse Traders (rock) 9 p.m. $3

northern

BEE'S KNEES Laslo Cameo (electric roots) 7:30 p.m. Donations

MOOG'S Sweet and Lowdown (blues) 9 p.m. Free.

RIMROCKS MOUNTAIN TAVERN DJ Two Rivers (hip-hop) 10 p.m., Free.

ROADSIDE TAVERN DJ Diego (Top 40) 9 p.m. Free.

regional

MRNRPRLE Doomf*ck (rock) 10 p.m. Free

RLIVE RIDLEY'S Glengarry Bhoys (Celtic rock) 10 p.m. $20/35

TABU CAFÉ & NIGHTCLUB All Night Dance Party with DJ Toxic (Top 40) 5 p.m. Free.

SUN.22

burlington area

1/2 LOUNGE Family Night Open Jam 10 p.m. Free

CLUB METRONOME Gang of Eleven 2012 Blast Off Tour: Torpedo Rodeo (rock) 8 p.m., $5/8 18+

COBRA TEA Tea Class 9 a.m. Free

HIGHER GROUND BALLROOM Matt Nathanson, Audra Mae (singer-songwriters) 7:30 p.m. $20/22, AA.

NECTAR'S Mi Yard Reggae Night with Big Dog & Demus 5 p.m. Free

RADIO BEAN Mellow Brunch Music 11 a.m. Free Old Time Sessions (old time) 1 p.m., Free. Trio Guste (gypsy jazz) 5 p.m., Free. Alaine (singer-songwriter), 7 p.m., Free. Mash McLean (singer-songwriter) 8 p.m. Free. Dukes County Love Affair (rock) 9 p.m. Free. Involvement (rock) 10 p.m. Free.

central

BAGITOS The Butterfields (folk) 11 a.m. Free

THE SKINNY PANCAKE String Fingers (bluegrass) 6 p.m. $5-10 donation

TUPELO MUSIC HALL Marc Cohn (singer-songwriter) 7 p.m. $50 AA.

northern

BEE'S KNEES David Langevin (acoustic) 11 a.m. Donations. Rupert Wates (folk) 7:30 p.m., Donations

SWEET CRUNCH BAKE SHOP Guitar George (acoustic) 10:30 a.m., Free.

MON.23

burlington area

1/2 LOUNGE Scott Mangan (singer-songwriter) 10 p.m., Free Sofa Kings with DJs J Dante & Jordan (hip-hop) 10 p.m. Free.

MON 23 » P.64

REVIEW *this*



Waylon Speed, *The Boots EP*

(CROWN ON TEN, CD, DIGITAL DOWNLOAD)

On their first two releases, local rockers Waylon Speed searched for identity. Their 2010 debut, *Georgia Overdrive*, while a roundly solid record, found the band struggling to distinguish itself from Chuch, the popular Burlington-based "speedwestern" act that presaged them, while simultaneously integrating Kelly Ravin as songwriter and vocalist into the fold. Their sophomore attempt, 2011's *Horseshoes & Hand Grenades*, plumbed that identity crisis further and far more overtly. Rather than meld the band's two clearest influences — as was done on *Overdrive* — the double album extracted and separated those opposing touchstones. *Horseshoes* offered twang-laden hillbilly rock, *Hand Grenades*, leather-clad, instrumental metal.

Released late last year, Waylon Speed's newest effort, *The Boots EP*, suggests the band has taken great strides toward honing and defining its sound. Though short and sweet — four songs and 16 minutes — the EP reveals a band finally comfortable in its own skin, as it were, and in full command of its blue-collar heart and poet's soul.

From the outset, the EP simply *feels* different, more focused and self-assured. On "Degrade," Chad Hammaker and Ravin's guitars bristle with simmering alt-country heat, while drummer Justin Crowther lays a backbeat in smoky lockstep with bassist, and brother, Noah Crowther.

The band has never lacked musical cohesiveness as Waylon Speed or any earlier incarnations. What's immediately notable here is the conviction in Ravin's delivery. Previously, his elegant, earnest style seemed at odds with Waylon's rebel rockabilly and co-front man Noah Crowther's generally more irreverent tack. But they've found common ground. Ravin retains his observational sensitivity but turns his musings into a ragged rumination on failing character.

Ravin also takes the lead on the following cut, "Meet Me in the Middle." Again, his reedy tenor and light drawl perfectly highlight the band's unruly complexion. Not unlike a young Ryan Adams in his Whiskeytown days, there is brash urgency and attitude here.

Noah Crowther has likewise refined his style. Songwriting credits are given to the band as a whole, but he and Ravin complement one another with newfound nuance. On "Tragedy," Crowther's purposeful and direct delivery imparts a similar sense of recklessness and foreboding as Ravin does on "Degrade" — though their approaches are sonically dissimilar. On rowdy EP closer "Shine," Crowther broods over life on the road and away from his family. It is heartfelt, poignant and raw, which could well describe *The Boots EP* on the whole, and the increasing brilliance of Waylon Speed.

Waylon Speed play Club Metronome this Thursday, January 19, with Okie Weiss.

(Full disclosure: Justin Crowther is an occasional freelance music reviewer for *Seven Days*.)

DAN BOLLES

Jatoba, *Death, Fire and Picnic Tables*

(SELF-RELEASED, DIGITAL DOWNLOAD)

Jatoba are a trio of talented young stringmen originally from the Keene, N.H., area. The band's first release, *Death, Fire and Picnic Tables*, sounds polished, a likely result of years spent playing gigs together in local bars. John Jamison (guitar, mandolin and sitar), Jason Scaggs (guitars and banjo) and Jeff Richardson (acoustic bass and percussion) often exhibit something akin to musical "murmuration," that rare and beautiful quality that usually refers to big flocks of starlings: birds that seem to change directions as one thinking mass. Jatoba generate lots of clean energy on every track, and these three musicians drive it home by playing as a team.

The lustrous and colorful South American hardwood that is the band's namesake has a natural versatility that could just as well describe the variety of music on this disc, and the facility with which the band members shift gears. Jatoba describe their music as "groove-grass," but there's much more to it than that. Listen carefully and you'll hear '60s garage rock, swing jazz, Latin rhythms, techno-funk and, on "Midnight to Morning," some credible bossa nova fused with sitar lines. It's impressive to hear all those styles of music so well played, and at the transitions from one to the next, sometimes mid-song.

Jatoba have a lot to say, even if some of it is hard to understand. On many tracks, their lyrics hit like a wave — words coming so fast that it's hard to grasp the meaning. On "Andy's Song" and "Mind Climbed Dream," the words themselves serve like an additional melody line to offset the strings. Luckily, the lyrics are included in the booklet so you can decipher some of the under-enunciated or musically buried words. I have found no songwriting credits on this disc, so it's safe to assume that all three band members collaborated on the lyrics as well as the music. Considering how *Death, Fire and Picnic Tables* sounds like a unified effort start to finish, that's not a surprise either.



Jatoba celebrate the release of *Death, Fire and Picnic Tables* with their debut performance at the Higher Ground Showcase Lounge on Saturday, January 21, warming up for headliners Greensky Bluegrass.

ROBERT RESNIK

GET YOUR MUSIC REVIEWED: IF YOU'RE AN INDEPENDENT ARTIST OR BAND MAKING MUSIC IN VT, SEND YOUR CD TO US: DAN BOLLES C/O SEVEN DAYS, 255 SO. CHAMPLAIN ST. STE 5, BURLINGTON, VT 05401

Watch something LOCAL this week.

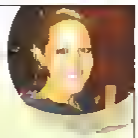
VCAM CHANNEL 15
CHANNEL 15
ADVOCACY, ENVIRONMENTAL ISSUES, & COMMUNITY EVENTS!
ON DEMAND
VERMONTCAM.ORG

retn CHANNEL 16
CHANNEL 16
GUND INSTITUTE FOR ECOLOGICAL ECONOMICS AT UVM
TUE > 8 PM RETN.ORG/SERIES

CHANNEL 17
CHANNEL 17
ELECTION FORUMS
START FEB 6TH

GET MORE INFO OR WATCH ONLINE AT
VERMONTCAM.ORG • RETN.ORG
CHANNEL17.ORG

Strengthen.
Evolve.
Aspire.



ACHIEVE YOUR PERSONAL FITNESS GOALS WITH PILATES & PERSONAL TRAINING
Mat Classes with Marion —
your first class is ALWAYS free!

CORE STUDIO
208 Flynn Avenue • Suite 3 K
Burlington VT 05401
802.862.8686
www.corestudioburlington.com

50% OFF
Winter Sale!
January 20-February 4
All orange-tagged winter clothing and accessories 50% off
All Jewelry 50% off
New spring items coming in daily!
Wise Buys
Women's Resale Clothing
24 Pinecrest Dr., Essex Jct Vt.
Tu Sa 9 30-6, 802 316-4199

SHOP
LOCAL



Say you saw it in...
SEVEN DAYS

the RUSTY NAIL bar & grille
1190 Mountain Rd, Stowe
802-253-8245 • rustynailbar.com
Friday 1/20 • 8PM • $5 • 21+
FUNKWAGON W/TUBBINE
Thursday 1/26 • 8:30PM • $5 • 21+
VIVA DECONCINI
Friday 1/27 • Après Ski 4-6PM • 21+
THE MUMBLES
Friday 1/27 • 8PM • $5 • 21+
JUSTICE
Saturday 1/28 • 8PM • $8 • 21+
AFINQUE W/ DJ RAUL
Salsa lessons with DsontosVT!
Friday 2/3 Après Ski 4-6PM
OAN STEVENS
8PM • $10 ADV / $12 DOS • All Ages
BIDDIESEL W/BIONIC BPANK
10% OFF ALL FOOD with this ad!

Northern Lights
Best Selection! Best Prices!
EXCLUSIVE DEALER OF
Illadelph
FREE RAFFLE
Sign Up to WIN A $200 PRIZE
Under New Management
mention this ad & recieve 10% OFF
*excludes tabacco & vaporizers
*Authorized distributor of
•Medicali •Left Coast •MGW
•HBG •Volcano •Silver Surfer & Other Vapolizers
75 Main St., Burlington, VT • 802.864.6555
M-Th 10-9; F Sa 10-10 Su 12-7
facebook.com/VTNorthernLights
Must be 18 to purchase • tobacco product with ID required

music

CLUB DATES

NA: NOT AVAILABLE AA: ALL AGES NC: NO COVER



COURTESY OF O'DEATH

MON 22, TUE.23 // O'DEATH (INDIE FOLK)

Graveyard Shift

If Hell had a house band, it would probably sound a lot like **O'DEATH**. The New York-based quintet is rooted in old-time but broadens its sonic reach into an unholy trinity of devilish rock and roll, subversive gospel and deranged punk. With opening support from Providence indie-folk act **BROWN BIRD** — whose latest record, *Salt for Salt*, was named one of the best of 2011 by National Public Radio — O'Death play two shows this week: Monday, January 23, at Positive Pie 2 in Montpelier and Tuesday, January 24, at the Monkey House in Winooski.

MON 23 « P.62

MONKEY HOUSE L. Dorda, Player 2 Squag (rock) 9 p.m. $3. 18+

NECTAR'S Metal Monday. Cover Night with Wrathchild, Made in Iron, Black on Both Sides, White Noyez (metal) 9 p.m. Free/$5. 18+

ON TAP BAR & GRILL Open Mic with Wylie 7 p.m. Free.

RADIO BEAN Tollin and the Jordans (singer-songwriter) 7 p.m. Free. Open Mic 8 p.m. Free.

RED SQUARE Industry Night with Robbie J (hip-hop) 11 p.m. Free.

RUBEN JAMES Why Not Monday? with Dakota (hip-hop) 10 p.m. Free.

central

BAGITOS Open Mic, 7 p.m. Free.

POSITIVE PIE 2 O Death, Brown Bird (indie folk), 10:30 p.m., $8.

northern

MOOG'S Seth Yacovone (solo acoustic blues) 8 p.m. Free

TUE.24

burlington area

CLUB METRONOME Bass Culture with DJs Jahsen & Nickel B (dubstep), 9 p.m., Free

DOBRÁ TEA Grup Anwar (Arabic) 6 p.m. Free.

HIGHER GROUND BALLROOM Lights Savoir Adore (electro-rock) 7:30 p.m. $13/15. AA

LEUNIG'S BISTRO & CAFÉ Mike Martin & Geoff Kim (jazz) 7 p.m. Free.

MONKEY HOUSE AM Presents: O Death, Brown Bird, Wren & Mary (indie folk) 9 p.m. $10. 18+

MONTY'S OLD BRICK TAVERN Open Mic 6 p.m. Free

NECTAR'S Jesse Dee, DeRobert & the Half Truths (soul) 9 p.m., $5. 18+

ON TAP BAR & GRILL Trivia with Top Hat Entertainment, 7 p.m., Free.

RADIO BEAN Stephen Callahan and Mike Piche (jazz) 5 p.m. Free. Jeremy Harple (rebel folk), 8 p.m. Free. Micah Plante (singer-songwriter) 9 p.m. Free. Honky-Tonk Sessions (honky-tonk) 10 p.m., $3.

RED SQUARE Upsetta International with Super K (reggae) 8 p.m., Free. Craig Mitchell (house), 10 p.m., Free.

central

BAGITOS Girls Gone Folking Wild (folk) 6 p.m. Free.

CHARLIE O'S Karaoke, 10 p.m. Free

champlain valley

TWO BROTHERS TAVERN Trivia Night 7 p.m. Free. Monster Hits Karaoke, 9 p.m. Free.

northern

BEE'S KNEES Paul Cataldo (singer-songwriter) 7:30 p.m. Donations.

THE HUB PIZZERIA & PUB Farm Boy (rock) 9 p.m. Free.

MOOG'S Open Mic/Jam Night, 8:30 p.m. Free.

WED.25

burlington area

1/2 LOUNGE Rewind with DJ Craig Mitchell (retro) 10 p.m., Free. Sonnclash 4 (baby makin' music) 10 p.m. Free.

CLUB METRONOME Jeff Bujak (IDM) 9 p.m. Free/$5. 18+

FRANNY O'S Karaoke, 8:30 p.m. Free

LEUNIG'S BISTRO & CAFÉ Paul Asbell & Clyde Stats (jazz), 7 p.m., Free.

MANHATTAN PIZZA & PUB Open Mic with Andy Lugo 10 p.m. Free.

MONKEY HOUSE Zack duPont, Paper Castles (indie folk) 9 p.m., $5

NECTAR'S Loves It, Cash Is King (alt-country) 9 p.m. Free/$5. 18+

ON TAP BAR & GRILL Leno & Young (acoustic rock) 7 p.m., Free.

RADIO BEAN Ensemble V (jazz), 7:30 p.m. Free. Irish Sessions, 9 p.m. Free. Julie Winn (singer-songwriter), 6 p.m., Free

RED SQUARE DJ Cre8 (hip-hop), 10 p.m., Free

THE SKINNY PANCAKE Wednesday Night Fun-Waiser with Joshua Panda (soul) 6 p.m. $5-10 donation.

central

BAGITOS Acoustic Blues Jam, 6 p.m. Free

GUSTO'S Open Mic with John Lackard, 9 p.m. Free

THE SKINNY PANCAKE Wednesday Night Fun-Waiser with Mark LeGrand (country), 6 p.m. $5-10 donation.

champlain valley

51 MAIN Jazz Jam, 8 p.m. Free

CITY LIMITS Karaoke with Let It Rock Entertainment, 9 p.m., Free

northern

BEE'S KNEES Audrey Bernstein & the Young Jazzers (jazz) 7:30 p.m. Donations.

MOOG'S Cal Stanton (blues), 8:30 p.m., Free.

regional

MONOPOLE Open Mic, 8 p.m., Free

VENUES.411

BURLINGTON AREA

1/2 LOUNGE, 136 1/2 Church St Burlington, 865-0012.

242 MAIN St., Burlington, 862-2242

AMERICAN FLATBREAD 115 St. Paul St. Burlington 861-2999

AUGUST FIRST 149 S Champlain St. Burlington, 540-0060

BACKSTAGE PUB 60 Pearl St., Essex Jct 878-5484

BANANA WINDS CAFÉ & PUB 1 Market Pl Essex Jct 879-0752

THE BLOCK GALLERY 1 E. Allen St. Winooski 373-5150.

BLUEBIRD TAVERN, 317 Riverside Ave Burlington 428-4696

BREAKWATER CAFÉ 1 King St. Burlington 658-6276

BRENNAN'S PUB & BISTRO UVM Davis Center 590 Main St. Burlington 656-1204

CITY SPORTS GRILLE, 215 Lower Mountain View Dr., Colchester 655-2720.

CLUB METRONOME, 188 Main St. Burlington 865-4563

FRANNY O'S 733 Queen City Park Rd Burlington 863-2909

THE GREEN ROOM, 86 St. Paul St. Burlington 651-9669.

HALVORSON'S UPSTREET CAFÉ, 16 Church St. Burlington 658-0278

HIGHER GROUND 1214 Williston Rd S Burlington 652-0777

JP'S PUB 139 Main St Burlington 658-5389

LEUNIG'S BISTRO & CAFÉ, 115 Church St. Burlington 863-3759

LIFT, 165 Church St. Burlington, 860-2068.

THE LIVING ROOM 754 W Lakeshore Dr. Colchester

MANHATTAN PIZZA & PUB 167 Main St Burlington 864-6776

MARRIOTT HARBOR LOUNGE, 25 Cherry St. Burlington 854-4700

MIGUEL'S ON MAIN 30 Main St., Burlington 658-9000.

MONKEY HOUSE, 30 Main St. Winooski 655-4563.

MONTY'S OLD BRICK TAVERN 7321 Williston Rd Williston 316-4262.

MUDDY WATERS, 184 Main St., Burlington 658-0456.

NECTAR'S, 188 Main St., Burlington 658-4771.

NEW MOON CAFÉ, 150 Cherry St. Burlington 383-1505.

O'BRIEN'S IRISH PUB 348 Main St. Winooski 338-4678

ODD FELLOWS HALL, 1416 North Ave Burlington 862-3209

ON TAP PUB & GRILL, 4 Park St., Essex Jct. 878-3305.

OSCAR'S BISTRO & BAR, 190 Boxwood Dr Williston, 878-7082

PARIMA 185 Pearl St., Burlington, 864-7917

PARK PLACE TAVERN 38 Park St. Essex Jct 878-3015

RADIO BEAN 8 N. Winooski Ave Burlington, 660-9346.

RASPUTIN'S, 163 Church St., Burlington 864-5324.

RED SQUARE 136 Church St. Burlington 859-9508

REGULAR VETERANS ASSOCIATION 184 Weaver St., Winooski 655-9198

RÉRÄ IRISH PUB 123 Church St., Burlington, 860-9401.

RIZZI'S LAKESHORE TAVERN, 1022 W Lakeshore Dr., Colchester 863-2342.

RUBEN JAMES, 168 Main St., Burlington, 864-0744

THE SCUFFER STEAK & ALE HOUSE, 148 Church St., Burlington 864-9451

SHELBURNE STEAKHOUSE & SALOON 2545 Shelburne Rd., Shelburne 985-5009

THE SKINNY PANCAKE, 60 Lake St. Burlington 540-0188

VENUE, 127 Pointers Point Rd Colchester 310-4067

THE VERMONT PUB & BREWERY 144 College St. Burlington 865-0500

CENTRAL

ARVAD'S GRILL & PUB, 3 S. Main St. Waterbury 244-8373.

BIG PICTURE THEATER & CAFÉ, 48 Carroll Rd Waitsfield, 496-8834

THE BLACK DOOR 44 Main St Montpelier 223-7070

BREAKING GROUNDS, 245 Main St. Bethel 392-4222.

THE CENTER BAKERY & CAFE 2007 Guptill Rd. Waterbury Center 244-7500

CHARLIE O'S 70 Main St. Montpelier 223-6820

CJ'S AT THAN WHEELERS 6 S Main St. White River Jct. 280-1010

CORK WINE BAR, 1 Stowe St., Waterbury 882-8227

GREEN MOUNTAIN TAVERN, 10 Keith Ave Barre 522-2835

GUSTO'S, 28 Prospect St. Barre 476-7313

HEN OF THE WOOD AT THE GRISTMILL, 92 Stowe St. Waterbury 244-7300

HOSTEL TEVERE, 203 Powderhound Rd., Warren 496-9222.

KISMET 52 State St 223-8646

L.A.C.E. 159 N. Main St. Barre 476-4276

LOCAL FOLK SMOKEHOUSE, 9 Rt. 7 Waitsfield, 496-5623

MAIN STREET GRILL & BAR, 118 Main St. Montpelier 223-3188.

MULLIGAN'S IRISH PUB, 9 Maple Ave. Barre, 479-5545

NUTTY STEPH'S, 9616 Rt. 2 Middlesex 229-2080

PICKLE BARREL NIGHTCLUB, Killington Rd., Killington 422-3035

POSITIVE PIE 2 20 State St., Montpelier 228-0453.

PUGGLE MOON PUB Rt. 100 Waitsfield 496-3422.

THE RESERVOIR RESTAURANT & TAP ROOM 15 Main St. Waterbury 244-7827

SLIDE BROOK LODGE & TAVERN 3180 German Flats Rd Warren 583-2202.

SOUTH STATION RESTAURANT 170 S. Main St. Rutland, 775-1736

TUPELO MUSIC HALL, 188 S. Main St. White River Jct. 698-8341.

WHITE ROCK PIZZA & PUB 948 Rt 14 Woodbury 225-5915

CHAMPLAIN VALLEY

61 MAIN 51 Main St., Middlebury 388-6209

BAR ANTIDOTE, 350 Green St. Vergennes, 877-2555.

BRICK BOX, 30 Center St. Rutland, 775-0570

THE BRISTOL BAKERY 18 Main St. Bristol 453-3280

CAROL'S HUNGRY MIND CAFÉ 24 Merchant's Row Middlebury 388-0101.

CITY LIMITS, 14 Greene St., Vergennes, 877-6919.

CLEM'S CAFÉ 101 Merchant's Row Rutland, 775-3337

DAN'S PLACE, 31 Main St. Bristol 453-2774

GOOD TIMES CAFÉ, Rt. 116, Hinesburg 482-4444.

ON THE RISE BAKERY 44 Bridge St., Richmond, 434-7787

SOUTH STATION RESAURANT 170 S. Main St. Rutland, 775-1730

STARRY NIGHT CAFÉ, 5371 Rt 7 Ferrisburgh 877-6316

TWO BROTHERS TAVERN 86 Main St. Middlebury 388-0002.

NORTHERN

BEE'S KNEES, 82 Lower Main St Morrisville 888-7819

THE BLUE ACORN 84 N. Main St., St. Albans, 527-0691.

THE BREWSKI Rt. 108 Jeffersonville 644-6366

CHOWI BELLA, 28 N. Main St St. Albans 524-1405

CLAIRE'S RESTAURANT & BAR 41 Main St Hardwick, 472-7053.

THE NUB PIZZERIA & PUB 21 Lower Main St. Johnson 635-7626

THE LITTLE CABARET 34 Main St. Derby 293-9000

MATTERHORN 4969 Mountain Rd. Stowe 253-8196

THE MEETINGHOUSE, 4323 Rt. 108 S. Smuggler's Notch, 644-8851.

MOOG'S Portland St Morrisville 851-8225

MUSIC BOX, 147 Creek Rd. Cratisbury 586-7533

OVERTIME SALOON 38 S. Main St. St. Albans 524-0357

PARKER PIE CO. 161 County Rd., West Glover 525-3366

PHAT KATS TAVERN 101 Depot St., Lyndonville 626-3064

PICCASSO 849 Mountain Rd., Stowe 253-4411

PIMROCK'S MOUNTAIN TAVERN, 394 Mountain Rd Stowe 253-9593.

ROAD SIDE TAVERN 216 Rt 7 Milton, 660-8274

RUSTY NAIL BAR & GRILLE, 1180 Mountain Rd Stowe 253-6245

THE SHED RESTAURANT & BREWERY 1159 Mountain Rd Stowe 253-4765

SHOOTERS SALOON 30 Kingman St St. Albans, 527-3777

SNOW SHOE LODGE & PUB, 13 Main St. Montgomery Center 326-4456

SWEET CRUNCH BAKESHOP 246 Main St., Hyde Park, 888-4367

TAMARACK GRILL AT BURKE MOUNTAIN 223 Shelburne Lodge Rd. E. Burke 626-7394

WATERSHED TAVERN 31 Center St., Brandon 247-0100.

YE OLDE ENGLAND INNE, 443 Mountain Rd. Stowe 253-5320

REGIONAL

GILLIAN'S GETAWAY 7150 State Rt. 9, Plattsburgh N.Y., 518-566-9050

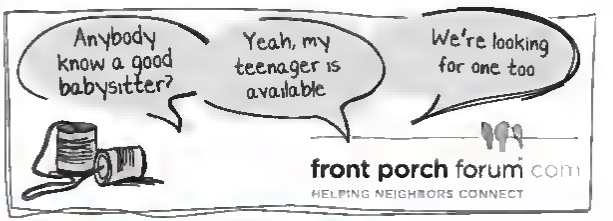
MONOPOLE 7 Protection Ave., Plattsburgh N.Y. 518-563-2222.

RED TURTLE 10 Dock St. Plattsburgh N.Y. 518-566-6200

OLIVE RIDLEY'S 37 Court St., Plattsburgh N.Y. 518-324-2200

TABU CAFÉ & NIGHTCLUB 14 Margaret St. Plattsburgh, N.Y. 518-566-0666







Hail to the Queens

Evie Lovett, BCA Center

You don't have to be a man in a dress to be a drag queen. Drag, as Evie Lovett presents it in her tender and hilarious black-and-white photographs at the BCA Center, is simply about transformation, and anybody can do it.

Case in point: Among the queens at the Rainbow Cattle Co. — a now defunct gay bar in rural Dummerston, which Lovett documented for nearly two years — was one biological woman. Yet for each performance, she transformed into something entirely different: a queen named Miss Sophia Penelope Precious, the performer explains in a Vermont Folklife Center audio interview accompanying the large-scale photos, is more outgoing, more sexual and braver than her daytime alter-ego. "When you're at a party and you're at your most entertaining — that piece we all have — that's Miss Sophia," she says.

In "Sophia, blond wig," we see this queen in profile, scooched down in a chair, legs spread, her hands firmly on her inner thighs. Her eyes stare piercingly, as if she's getting into character. Sophia wears women's clothes — black stockings clipped to a garter belt over striped underpants — but her demeanor is distinctly masculine. Or maybe it's just the pancake makeup on her face and her long, blond wig. "Drag queens don't have hair," Sophia explains. "They have wigs."

When Sophia is on stage, she adds, it's not uncommon for people to mistake her for a man dressed as a woman, even with her very real breasts spilling over her corset.

Which is exactly what they're doing in "Sophia doing Mercedes' lashes," one of the most striking images of the show. The foreground is filled with the soft pillows of Sophia's breasts and the hollows around her collarbone as she leans over Miss Mercedes Roulette, prepping his fake lashes. Behind all this luminous femininity, Mercedes sits in partial darkness, only halfway transformed, his eyes closed — they have to be when lashes are being applied — as if he's making a wish.

Does he feel like a woman up there on stage? an interviewer asks Mercedes in the accompanying audio clip. "One hundred percent," he says. "But after two or three songs, I want to be a boy again."

Lovett's photos offer two distinct perspectives. In the first, the viewer is spying on the performers, who are utterly focused on their transformations — applying lipstick, shaving each other's backs, etc. In the second, it's as if the viewer has barged into the room inadequately dressed, and the queens are staring back in bitchy judgment.

In "Mama and Kitty," for instance, the pair look directly at the camera. Mama seated with one leg up on another chair, crotch front and center, a territorial look in her narrowed eyes. Kitty stands behind her, a hand on her hip.



Mitzi in flower dress

REVIEW



Sophia doing Mercedes' lashes

THE DANK ENVIRONMENT MAKES THE PERFORMERS' TRANSFORMATION INTO SHIMMERING QUEENS EVEN MORE STRIKING — AND GIVES THE WHOLE SCENE AN ILLICIT FEEL.

An exception to these full-on glares is "Mercedes on the sink," in which the fully glammed-up queen perches on the edge of an industrial sink with her back to the camera, looking over her shoulder with the slightest seductive smile.

There's nothing glamorous about the venue, especially the gritty backstage area where Lovett's photos were taken. In "Mitzi, cigarettes," the subject stands before a mirror, a band of fluorescent light illuminating the smudges and stains on its surface. In another image, Mitzi poses primly, like a doll in a polka dot dress, the foreground framed by exposed pipes and gauges.

The dank environment makes the performers' transformation into shimmering queens even more striking — and gives the whole scene an illicit feel. In an audio clip, Mercedes says the smoke- and-mildew smell made her feel as if she were performing in an underground New York City club. Perhaps contradictorily, she adds, "Feels like you're putting on a million-dollar show."

Few photos reveal the queens as they might appear in performance. "Chloe posing" offers a glimpse. With the button-down shirt of his day job half-off, the performer's shoulders are thrown back, his lips fiercely pursed, as he flaunts his studded black lace bra, mustop be damned.

The sense of anticipation is palpable in "Candi before going on stage." Decked out in a dark velvet gown, its cuffs and collar drenched in tinsel, Candi's eyes are closed, her fingers grazing the rim of the sink, as she steps toward the stage.

"I feel like during the day, I'm still kind of mousy and quiet," she says in the audio clip. "As Candi, I don't have to say a thing, and I'm loud and clear."

Only one performer, Miss Mama Mayhem, reveals her daytime identity in an audio clip. Mark, who works as a nurse in Brattleboro. For Mark, drag isn't about being beautiful but about making people laugh. He recalls the thrill of his debut performance as Mama, singing "Under the Boardwalk" in a fat suit and a bikini.

In the accompanying photo, we see only one of Mark's eyes, framed in a glowing circular mirror as he applies eyeliner. People often ask him if he wants to be a woman. "Are you out of your fucking mind?" he usually answers. "Do you know what it's like walking or dancing in those shoes?" ⑦

MEGAN JAMES

i Evie Lovett. "Backstage at the Rainbow Cattle Co.": photographs documenting the drag queens at a Dummerston gay bar; in collaboration with the Vermont Folklife Center. At BCA Center in Burlington through March 24. Artist talk, February 8, 7 p.m. Drag Ball featuring the Ladies of the Rainbow, also at BCA Center, February 17, 8 p.m. Info: 865-7166. burlingtoncityarts.org

ONGOING

burlington area

'30/30 ANNIVERSARY PRINT PROJECT' Prints by Vermont artists, including Michael Jagger and Harry Bliss, created to celebrate the 30th anniversaries of both Flynn Center for the Performing Arts and Burlington City Arts. Through February 18 at Amy E. Tarrant Gallery, Flynn Center in Burlington. Info, 865-7166.

ADAM PUTNAM Magic Lanterns" installations in which Putnam projects architectural interiors on empty gallery walls, drawings of abstracted cathedral-like sculptures, and photos of the 6-foot-8 artist folded into cabinets and bookcases. (through February 25) **EVIE LOVETT** "Backstage" at the Rainbow Cattle Co., photographs documenting the drag queens at a Dummerston gay bar. In collaboration with the Vermont Folklife Center. (through March 31) At BCA Center in Burlington. Info, 865-7166.

BRYN MATD Abstract paintings. Skyway. **ADAM DEVARHET** Drawings and mixed-media works. Gates 1-8. **CAROLYN ENZ HACK.** "Flight Simulator," a mixed-media work. Escalator. Through January 31 at Burlington Airport in South Burlington. Info, 865-7166.

'BURLINGTON ELECTRIC ENERGY-EFFICIENT ART' Drawings by fourth graders. Through February 3 at Metropolitan Gallery, Burlington City Hall. Info, 865-7166.

'CAPTURE MY VERMONT' Fourteen winning images from the *Burlington Free Press*-sponsored photo competition of the same name. Through January 31 at Frog Hollow in Burlington. Info, 863-5458.

'CELEBRATE THE SEASON' Paintings by Julie A. Davis, Betty Ball, Carolyn Welton, Gail Bessette, Athenia Schinto, Susan Bull Riley and Charles Townsend; jewelry by Tineke Russell. A portion of proceeds benefit the Bentley Davis Seifer Memorial Foundation. Through January 30 at Luxton-Jones Gallery in Shelburne. Info, 985-8223.

DARSHANA BOLT Prints by the Burlington artist. Through January 31 at Salaam in Burlington. Info, 658-8822.

DAVID MAGNANELLI Multimedia works inspired by metaphysics, Buddhism and sacred geometry. Through January 31 at Muddy Waters in Burlington. Info, 658-0466.

'DISCOVERY IN OUR EVERYDAY WORLD' Photographs by adults from HowardCenter Developmental Services who participated in a VSA Vermont Can Do Arts Class. Through January 31 at Nectar's in Burlington. Info, 655-4606.

ELINOR OSBORN Winter photographs of Vermont. Through January 31 at Block Gallery in Winooski. Info, 373-5150.

ETHAN & JESSE AZARIAN Paintings on wood and canvas. Through January 31 at Red Square in Burlington. Info, 318-2438.

'FINISSAGE' Selected works by artists featured at SEABA-curated sites over the past year. Through January 31 at SEABA Center in Burlington. Info, 859-9222.

'FLUID DYNAMICS' Sculpture by Homer Wells, Ethan Bond-Watts and Chris Cleary. Through February 25 at Flynndog in Burlington. Info, 863-0093.

'ILLUMINATIONS: LIGHT AND SCULPTURE IN CITY HALL PARK' Sculpture by Kat Clear, Chris Sharp and Rebecca Schwarz. Aurora Borealis-inspired lighting design by Jason "Liggy" Liggett. Through February 28 at Burlington City Hall Park. Info, 865-7166.

ISAAC MASUCK "The Figure of It" paintings. Through February 28 at Dostie Bros. Frame Shop in Burlington. Info, 660-9005.

TALKS & EVENTS

DD SKETCHY'S ANTI-ART SCHOOL Artists age 16 and up bring sketchbooks and pencils to a cabaret-style life-drawing session. This month's theme: "Biker Babes." Wednesday, January 18, 8-10:30 p.m. American Legion, White River Junction.

'ALZHEIMER'S AWARENESS EXPRESSIVE ART PROGRAM' Artwork by veterans with advanced dementia, in a show coordinated by the Vermont Veterans' Home and the Vermont Arts Exchange. Friday, January 20, 11 a.m.-1 p.m., Vermont Statehouse, Montpelier. Info, 316-3839.

RECEPTIONS

ALICE BOWMAN Portraits in charcoal. Through January 30 at Pickering Room, Fletcher Free Library in Burlington. Reception: Wednesday, January 18, 3:30-5:30 p.m. Info, 865-7211.

CARRIE BAGALIO Oil paintings and prints. Through January 31 at Townsend Gallery at Black Cap Coffee in Stowe. Reception: Friday, January 20, 4-6 p.m. Info, 279-4239.

FRANK WOODS "Topographies," oil paintings of landscapes and kimono in various degrees of abstraction. Through March 2 at River Arts Center in Morrisville. Reception: Thursday, January 19, 5-7 p.m. Info, 888-1261.

'NATURAL WONDERS' Sculptural assemblages by John Udvardy; mixed-media drawings by Marcy Hermansader; and paintings by Anda Dubinskis. Through March 19 at BigTown Gallery in Rochester. Reception: Saturday, January 21, 5-7 p.m. Info, 767-9670.

'THE ART ON BURTON' Work by artists who have contributed to the design of Burton Snowboards, plus videos exploring the process of design. (January 20 through April 15) **CLARK DERBES** "Shapescapes," paintings, sculptures and installations. (through February 26) At Helen Day Art Center in Stowe. Reception: Friday, January 20, 6-8 p.m. Info, 253-8358.

'SNOW' Winter perspectives by gallery artists. January 21 through March 10 at West Branch Gallery & Sculpture Park in Stowe. Reception: David Budbill reads his poetry; the Ira Friedman Trio performs. Saturday, January 21, 5-7 p.m. Info, 253-8943.

'LOCAL COLOR IN WINTER' Work by members of the Vermont Watercolor Society. Through February 18 at Davis Center, UVM, in Burlington. Reception: Friday, January 20, 5-7 p.m. Info, 652-4853.

'ART OF THE CHAIR: PROCESS AND POSSIBILITY' Two- and three-dimensional works by 20 Vermont artists exploring the history, personalization and personification of the seat. January 21 through March 6 at Chandler Gallery in Randolph. Reception: Saturday, January 21, 5-7 p.m. Info, 431-0204.

ISHANA INGERMAN "Un-masking: The Truth" glazed ceramic masks and poetry. Through January 30 at City Market in Burlington. Info, 651-7043.

JAMES MARC LEAS Oil paintings that blur the line between landscape and abstraction. Curated by SEABA. Through February 24 at Pine Street Deli in Burlington. Info, 862-9614.

JENNIFER BERGER "Moments of Liberation," an autobiographical narrative. Through January 31 at Computers for Change in Burlington. Info, 279-1623.

JEGGY LASKY Photographs of Vermont and New Zealand. Through January 31 at Uncommon Grounds in Burlington. Info, 865-6227.

JOLENE GARANZHA & DANA DALE LEE "Lunatic Tales and Other Happy Omens": drypoint etchings by Garanzha; oil paintings by Lee. Through January 30 at Vintage Jewelers in Burlington. Info, 862-2233.

KASY PRENDERGAST "Distance": 10 years of paintings of Lake Champlain. Through January 31 at the Gallery at Main Street Landing in Burlington. Info, 578-7714.

KATHERINE GLUCK "Landscapes and Portraits," oil paintings, watercolors and prints. Through March 1 at the Daily Planet in Burlington. Info, 316-7269.

KIMBERLEE FORNEY Whimsical paintings of cows, sheep and people. Through February 29 at Magnolia Breakfast & Lunch Bistro in Burlington. Info, 310-9159.

LEIGH ANN ROONEY & HILARY GLASS "Ethereal Terra": paintings and photography by Rooney; etchings and illustrations by Glass; on the first floor. **ROBERT BRUNELLE JR.** "Cold Snap": paintings on the second floor. Through April 27 at Community College of Vermont in Winooski. Info, 654-0513.

MARY HILL Paintings. Curated by SEABA. Through February 24 at Speeder & Earls (Pine Street) in Burlington. Info, 658-6016.

MARY PROVENZANO & JENNY BURTON Paintings, prints and photo collages. Through January 31 at Speaking Volumes in Burlington. Info, 540-0107.

'ME, MYSELF AND I' Self-portraits by artists ages 4 to 12. Through January 31 at Davis Studio Gallery in Burlington. Info, 425-2700.

NATHAN CAMPBELL "Own and Occupy," an interactive video game. Curated by SEABA. Through February 24 at VCAM Studio in Burlington. Info, 651-9692.

'PEN & INK' Illustrations by Nicholas Hellig, Anthony Green, Kimberley Hannaman-Taylor and Thomas Peara. **'OCCUPY THE WORLD'** Notes and art from the Occupy movement. Through January 31 at the Firefly Collective in Burlington. Info, 559-1795.

'PERSIAN VISIONS' Contemporary photography from Iran. **'IMAGINING THE ISLAMIC WORLD'** Late 19th- and early 20th-century travel photography. January 25 through May 20 at Fleming Museum, UVM, in Burlington. Info, 656-0750.

SHARRAM ENTEKHABI "Happy Meal," a film featuring a young Muslim girl eating a McDonald's Happy Meal, in the New Media Niche (through August 26). **"UP IN SMOKE"** smoke-related works from the museum's permanent collection (through June 3). At Fleming Museum, UVM, in Burlington. Info, 656-0750.

SHEGI LARSEN "The Ends of Africa": Egypt and South Africa, photographs. Through January 31 at Brownell Library in Essex Junction. Info, 878-6928.

'SMALL WORKS' Artwork perfectly sized for gift giving. **'SMALL GIFTS'** Everything under $50. In the Backspace Gallery. Through January 28 at S.P.A.C.E. Gallery in Burlington. Info, 578-2512.

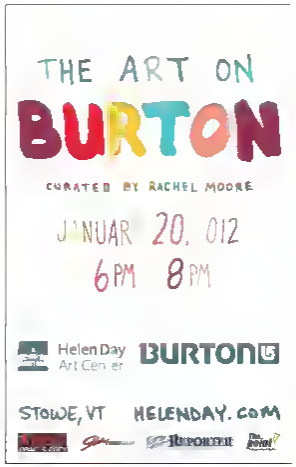
'THE BUILT ENVIRONMENT' Photographs of architecture and the manmade world. Through January 20 at Darkroom Gallery in Essex Junction. Info, 777-3686.

'THE HOLLY DAZE' Artwork that explores the relationship between commercialism and belief. Through January 31 at Union Station in Burlington. Info, 864-1557.

BURLINGTON-AREA ART SHOWS » P68

VISUAL ART IN SEVEN DAYS: ART LISTINGS AND SPOTLIGHTS ARE WRITTEN BY **MEGAN JAMES.** LISTINGS ARE RESTRICTED TO ART SHOWS IN TRULY PUBLIC PLACES. EXCEPTIONS MAY BE MADE AT THE DISCRETION OF THE EDITOR.

GET YOUR ART SHOW LISTED HERE! IF YOU'RE PROMOTING AN ART EXHIBIT, LET US KNOW BY POSTING INFO AND IMAGES BY THURSDAYS AT NOON ON OUR FORM AT **SEVENDAYSVT.COM/POSTEVENT** OR **GALLERIES@SEVENDAYSVT.COM.**







buRling Ton AReA ART shows « p 67

'The hemen Form' photographs of the hady January 25 Ihrough February 19 at Darkroom gallery in essex Junc1ion. info 777 3686

'Varia Tions in ahoTrac Tion' paintings by steven goedman beth pearsen and gail salzman presented in collaboration with Furchgott sourdiffe gallery. Through February 17 at select Design in burlington. info 864-9075

'We o r T Women' work by the artist collective. Through January 31 at Vintage inspired in burlington info 488 5766

WinTer Greup ohe W work by brittany Fosler Donne McDermie paige Dunbar eric Fitzgerald and Rick evans Through March 2 at the gallery at phoenix books in essex Junction. Info 872 7111

'WinTer LanEscapes' paintings by sean Dye, Mary Krause and Tony Conner Through February 29 at shelburne Vineyard. info 985 8222.

WinTer ohe W paintings by elizebeth n elson and many others Through January 21 at Furchgatt sourdiffe gallery in shelburne Info 985 3848

central

'2011 per TFo Lio o F prin Te & he Lisby ohe W' Limited edition prints by 26 artist members and faculty from Vermont and new hampshire Through January 31 at Twe Rivers print making studio in white River Junction Info 295 6901

ohsTrac Tions' work in a variety of media by Frances holliday Alford Jim Kanlas scott J Morgan, Fneda post and harry Rich. Through January 29 at Vermont Institute of Contemporary Arts in Chester info 875 1018

adrian Wade "Montpelier of belonging," drawings in pencil and charcoal Through February 29 at the shoe horn at union River in Montpelier Info, 223-5454

bnnE Le o F Joy' Artwork and craft on sale for the holidays. Through January 21 at nuance gallery in windsor info 674 9616

cossi sTiLianeasis "Thinking Above the neise black and white photographs Through January 29 at Capitol grounds in Montpelier info curator@ capitolgrounds com

'eye o F The beho Lder' paintings by Anneu nangst, Cindy griffith and Marcia hill Through February 4 at City Center in Montpelier nfo 229-4326.

GLen hoTchemin Drawings and paintings of gods saints Montpelier locals and the artist's mother **GWen r oe LF** Found and Forgotten photographs Through February 28 at Kellogg-hubbard Library in Montpelier Info 223 3338

Jake beckman Mixed-media sculpture by the artist-in residence. Also the façade of a large boat, created with the help of 60 green Mountain College students in the flood-buffer zone on the west side of campus. Through January 20 at Feick Fine Arts Center green Mountain College in poultney info 287 8308

'Local Color in Winter'

Most of us could use a little jolt of color in mid January, especially now that the mercury has plummeted The warm hues of the Vermont Watercolor Society should do the trick More than 25 member artists display their work at the University of Vermont's Davis Center through February 18 Get lost in Lynn Cummings' fields stained with flowers, Marni McKitrick's fiery grasses, and the pastoral scenes of Kathleen Barry Bergeron. Let the color wash over you — before you have to go back outside Pictured "A River Runs Through It" by McKitrick.

Jenni Fer bur Ger o'brien "Then and now" large el paintings and tiny watercolor illustrations Through February 2 at Contemporary Dance & Fitness studio in Montpelier info 229-4675

Laura decapua & Geo FF hansen "our Town A snapshot of Tunbridge Residents in 2011" photographs of farmers artists students hunters business owners and retirees Through March 10 at Tunbridge public Library info 889-9404

marne La pra Grabon Landscape paintings Through January 27 at governor's office gallery in Montpelier info 828 0749

sabra Fie Ld Cosmic geometry suite, woodblock prints exploring universal order Through January 30 at Vermont Technical College in Randolph Center info 728-1231

ceLecTions From 6 rees 2012' Drawings and paintings by 13 self taught artists Through January 27 el sl atehouse Cafeteria in Montpelier info 828-0749

'WeaTherin G iT oeT' work in a variety of media including installat ons made from items salvaged after storms **Jeneane Luen & Jim Lund** "Vermonters in Italy" paintings and drawings. **meGGie neeLe** Mixed-media works January 24 Through February 25 at studio place Arts in barre. info 479 7069

champlain valley

2ND TUESDAY New work by Cheryl Betz, Alex Bettinelli, Maggie Neale, Elizabeth Nelson, Kathy Stark, Janet Van Fleet and Ann Young. January 23 through February 17 at Christine Price Gallery, Castleton State College. Info 468-6091.

ALDO MERUSI "Locked in Time," photographs by the 1937-74 chief photographer at the *Rutland Herald*. Through February 11 at Chaffee Art Center in Rutland. Info 775-0356.

ANDY NEWMAN French, Portuguese and New England landscapes. Through January 31 at Edgewater Gallery in Middlebury. Info 458-0098.

ELINOR STEELE "The Art of Tapestry," contemporary handwoven tapestries. Through February 26 at Jackson Gallery, Town Hall Theater in Middlebury. Info 388-1436.

LARGE-FORMAT DRAWING SHOW Outsized depictions of the human body by students. Through January 24 at Johnson Memorial Building, Middlebury College. Info 443-3168.

"LET IT SNOW! LET IT SNOW! LET IT SNOW!" Original work by member artists offered for $200 or less, plus handcrafted holiday ornaments. Through January 31 at Brandon Artists Guild. Info 247-4956.

RUTH HAMILTON "A Walk Through the Woods and Other Favored Spaces," paintings of England and Vermont. Through February 29 at Brandon Music. Info 465-4071.

SHERI LARSEN Photographs from Vermont and surrounding states, as well as from Egypt, China and elsewhere. Through January 31 at Charlotte Senior Center. Info 878-6828.

CHAMPLAIN VALLEY ART SHOWS »P70

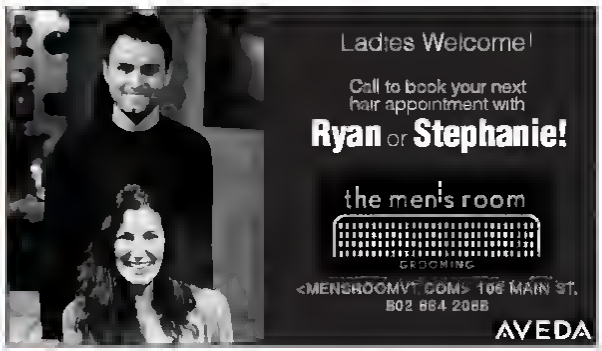
'30/30 Anniversary Print Project'

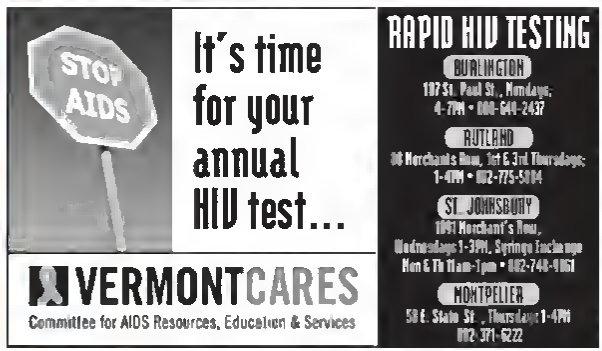
Birthday twins! Both Burlington City Arts and the Flynn Center for the Performing Arts turn 30 this year, and to mark the occasion, more than 30 artists and Vermont "celebs" — including Ben Cohen and Jerry Greenfield, who created an image of an exploding ice cream cone — donated prints to an exhibit and silent auction at Burlington's Amy E. Tarrant Gallery. Check out Harry Bliss' dignified woodblock of Bernie Sanders and Valerie Hird's vibrant monotype depicting the "cosmic moment before the arrival of man." Through February 19. Pictured: "The Fifth Day II" by Hird.











OVERWEIGHT SUBJECTS WANTED

Are your medical risks affected by the type of fat your body stores? Healthy overweight AND lean people (18-40 yr) needed for an 8-week NIH study. Participants will receive all food for 8 weeks and $2500 upon completion of the study.

If interested, please contact Dr. C. Lawrence Kien at debenstein@uvm.edu or 802-656-9093.

The University of Vermont | Fletcher Allen Health Care

OUR COMMUNITY IS PART OF THE WORLD COMMUNITY.

HELP US DEVELOP A VACCINE FOR DENGUE FEVER.

Outpatient Clinical Research

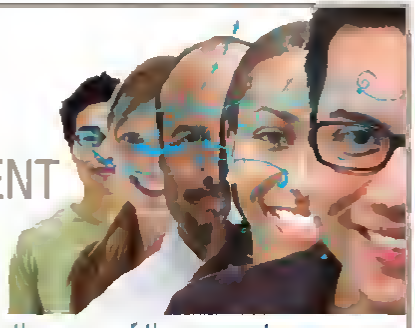
VACCINE STUDY

- A 1-year study with two doses of vaccine or placebo
- Up to $2120 compensation
- Healthy Adults Ages 18-50
- Screening visit, dosing visit and follow-up visits

For more information and scheduling, leave your name, phone number, and a good time to call back.

The UNIVERSITY of VERMONT

Call 656-0013 or fax 656-0881 or email VaccineTestingCenter@uvm.edu



MFA IN EMERGENT MEDIA

The future is in the eyes of the innovators.

Create. Collaborate. Innovate.

Are you ready to write the next chapter of the digital revolution? Champlain's residential Master of Fine Arts (MFA) has been designed for a select group of individuals who are ready to explore the bounds of their own creativity, develop the skills to master the technology and flourish in a collaborative environment. Envision your future with us.

CHAMPLAIN COLLEGE Graduate Studies

Learn more at our information session **Friday January 20th.**

Champlain College's Emergent Media Center
RSVP today, kray@champlain.edu

For full financial aid consideration Apply by February 15

MFA.champlain.edu

art

CHAMPLAIN VALLEY ART SHOWS « P.69

TAMI CRUPI ZEMAN & ROBERT GOLD "Portraits Different Points of View" photographs. Through January 29 at Ilsley Public Library in Middlebury. Info 377.1602.

THE GOVERNMENT MORGAN Photographs, paintings, prints and leather tack. Through March 31 at the National Museum of the Morgan Horse in Middlebury. Info 388.1639.

"WINTER ALL MEMBERS' EXHIBIT" Work by juried and unjuried artists. Through January 31 at Chaffee Art Center in Rutland. Info 775-0356.

"YOUNG VISIONS" Photographs by Champlain Valley and Mount Mansfield Union High School students. Through February 15 at Gallery 160 in Richmond. Info, 434-6434.

northern

ANNIE MAHEUX "Early Experiments," work in a variety of media by the University of Vermont art student. Through January 31 at Island Arts South Hero Gallery in South Hero. Info 377.5049.

"CHITTENDEN EAST ART TEACHERS' ART SHOW" Work by local art educators. Through February 5 at Emile A. Gruppe Gallery in Jericho. Info, 899-3211.

DAVID BEARNS "Out of the Woods," new paintings. Through January 21 at Vermont Studio Center in Johnson. Info 510.435-7377.

DAVID SMITH Paintings of the Vermont landscape. Through March 11 at Claire's Restaurant & Bar in Hardwick. Info, 472-7053.

DORIAN MCGOWAN "Bike Art," work made from discarded bicycle chains, seats and gears. Through February 29 at Northeast Kingdom Artisans Guild Backroom Gallery in St. Johnsbury. Info 748-9158.

PHILLIP ROBERTSON Prints and paper constructions inspired by the natural landscape. January 19 through March 2 at River Arts Center in Morrisville. Info 888.1261.

HEIDI SPECTOR "High Fidelity" paintings by the Montreal artist. Also, paintings by Charles Yoder and Glenn Goldberg, and sculpture by Amelia Toelke and Joel Fisher. Through January 21 at Green + Blue Gallery in Hardwick. Info, 730-5331.

"IN CELEBRATION OF WINTER" Work by Elisabeth Wooden, Sheel Anand, Bob Aiken, Lisa Angell, Gary Eckhart, Hunter Eddy, Drah Moore, Frank Califano and Robert Huntoon. Through March 31 at Vermont Fine Art Gallery in Stowe. Info 253-9653.

JOSÉ CHEPE CUADRA "Retretos de Espaldas (Portraits From the Back)," thesis work by the MFA candidate. Through February 12 at Julian Scott Memorial Gallery, Johnson State College. Info, 635-1469.

KATHLEEN KOLB "Snow Light," oil paintings. Through April 30 at Green Mountain Fine Art Gallery in Stowe. Info 253-1618.

NICK ROSATO Turned-wood platters, bowls, rolling pins and more. Also, work by Richford and Enosburg Falls High School students. Through January 31 at Artist in Residence Cooperative Gallery in Enosburg Falls. Info 933-6403.

CALL TO ARTISTS

WINDSOR WHITNEY BIENNIAL Winner digital show on our website and an invite to the 2012 Whitney Biennial reception. Finalists in digital art display in NYC gallery. Download application: windsorwhitneybiennial.com/biennial2.aspx.

HANDS ON PIANOS — A PUBLIC ART PROJECT Free to enter. Deadline February 20. In celebration of its 50th anniversary, the Hopkins Center at Dartmouth College is launching Hands on Pianos: a public art project that will install fancifully decorated pianos in public spaces throughout the Upper Valley in July 2012! Artists whose proposals are accepted will receive a $120 stipend to cover materials costs. Download application at avagallery.org.

MONOCHROMATIC A juried photography exhibit at the Darkroom Gallery. Any monochromatic process. Info, darkroomgallery/ex25. Deadline: January 25. Juror: Rafal Maleszyk.

STORYTIME, NARRATIVE, ALLEGORY & GRAPHICS This show is for storytellers and meaning seekers. SPA is looking for installation, video, conceptual pieces, graphic novels, collage and other media — whatever gets us going and asks "What happened, and why?" Show dates: March 6 through April 7. Deadline: January 20. Info: studioplacearts.com.

NEVER FORGET A multimedia, group exhibit focusing on the challenges and journeys of creative women, past and present, in the United States and overseas. Show dates: March 6 through April 7. Deadline: January 20. Info: studioplacearts.com.

SEEKING ARTISTS FOR SHOW Vermont fine art festival seeks vendors. May 25 through 28. Info: vtartisan festival.com.

POEM CITY 2012 CALL FOR POEMS! The Kellogg-Hubbard Library and Montpelier Alive invite Vermonters to submit poems for our annual text display for National Poetry Month. Deadline: February 1. Send one to three poems as Word documents no longer than 24 lines. PoemCity2012@gmail.com or PoemCity 2012 Kellogg-Hubbard Library, 135 Main St., Montpelier, VT 05602.

VT ARTISTS WEEK AT VERMONT STUDIO CENTER May 4 through 11, 2012. Vermont Artists Week was created in 1984 to support the state's artists and writers with an intensive week of studio work and fellowship with other Vermont artists. Applications must be received by January 31. Visit vermontstudiocenter.org/vermont-artists-week for information and applications.

15TH ANNUAL CSWD CREATIVE REUSE SHOWCASE Open to Chittenden County high school students. Sign up to receive information on the contest. Fill out online entry form by January 26. Artwork due February 1 and 2. Info: jsankey@cswd.net or cswd.net/programs/schools/students/creative-reuse-showcase.

CREATIVE COMPETITION. Presented by the Root Gallery at RLPhoto and Public Art School. $8 entry fee. People's-choice vote, winner takes all (compounded entry money). Limit one piece, any size, media or subject. Friday, February 3, 6–10 p.m. Vote for your favorite piece from 8 to 8:30 p.m. Awards at 8:30 p.m. Location: RLPhoto, 27 Sears Lane, Burlington. Info: publicartschool@gmail.com.

CALL TO PHOTOGRAPHERS. Spontaneity is the hallmark for great documentary and street photography where the moments of life are often ironic, poignant, emotionally charged and tragic. DarkroomGallery.com/ex25.

SHAPING PAGES SUBMISSIONS Call for "Shaping Pages," an exhibit of artist books and alternative types of book exhibits. Deadline: February 15. Entry requirements at bookarts-guildvt.wordpress.com.

CALL. HEARTS AFLAME. Accepting submissions from visual and performing artists for our annual Valentine's Day event. Opening February 10. Email rosestreetgallery@hotmail.com or call Jennifer Blair at 310.1607.



Tami Crupi Zeman & Robert Gold

Growing up in Brooklyn, Robert Gold often scaled the outsides of apartment buildings on a hunt for a new perspective. Later, in his professional life as a dentist, he repurposed dental plaster for small sculptures. These days, Gold creates otherworldly scenes by manipulating digital photographs and enhancing them with acrylic paint. His work is on view at Middlebury's Ilsley Public Library along with the photographs of Tami Crupi Zeman, his former neighbor, through January 29. Zeman's black-and-white film images capture a moment in time, with a focus on human relationships. "No one can become a person alone," she writes in her artist statement. "The interactions with others make us who we are." Pictured, "Now What?" by Zeman.

'REVEREND MARTIN LUTHER KING JR CELEBRATION, REMEMBRANCE AND EXHIBITION' An exhibition honoring the legacies of Stephen Huneck and King. Through February 29 at Stephen Huneck Gallery and Dog Chapel in St. Johnsbury. Info, 748-2700.

'SMALL WORKS' Work by gallery artists, including calligraphs by Sheryl Trainor and colorful miniatures by Lois Eby. Through January 31 at West Branch Gallery & Sculpture Park in Stowe. Info, 253-8943.

regional

'NATIVE AMERICAN ART AT DARTMOUTH HIGHLIGHTS FROM THE HOOD MUSEUM OF ART' More than 100 historical and contemporary works, many on view for the first time, make up an exhibit that explores continuity and change within North American indigenous cultures. Through March 11 at Hood Museum, Dartmouth College, in Hanover, N.H. Info, 603-646-2808.

'VISION QUEST IV' Work by Ted Chafee, Steve Chase and Gidon Staff. **'THE HALE STREET GANG...PORTRAITS IN WRITING'** Portraits of Randolph-area seniors, plus audio recordings and text from their memoirs. **B ANN CALHOUN FAGO'** A retrospective. Through February 10 at AVA Gallery and Art Center in Lebanon, N.H. Info, 603-448-3117.

southern

DOUGLAS AJA African wildlife photography and bronze elephant sculptures. Through January 31 at VINS Nature Center in Quechee. Info, 359-5000.

WENDY CROSS 'Not a Pretty Picture.' America in the 21st Century, paintings depicting scenes of economic decline. Through February 26 at Gallery in the Woods in Brattleboro. Info, 257-4777.

WINTER MEMBERS EXHIBITION Paintings, sculpture, photographs and mixed-media work by member artists. Through February 3 at Southern Vermont Arts Center in Manchester. Info, 362-1405. ⓕ





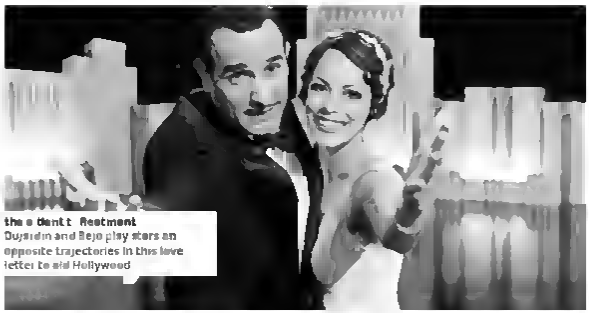
SEVEN DAYS CENTER STAGE

Carolina Chocolate Drops
January 27, 8 P.M.
Flynn Mainstage

WIN TICKETS TO THIS SHOW AT SEVENDAYSVT.COM!
DEADLINE TO ENTER 1/25 AT NOON
WINNER CONTACTED BY 5 P.M.

SEVENDAYSVT.COM
01.18.12-01.25.12
SEVEN DAYS
ART 71

The Artist ★★★½



the elephant treatment
Dujardin and Bejo play stars on opposite trajectories in this love letter to old Hollywood

I'm not sure French writer-director Michel Hazanavicius' love letter to the silent era is, in fact, the most outstanding movie of last year, as many maintain. But who would deny that it stands out from the motion-picture pack? A black-and-white, mostly silent film set in the 1920s and early '30s and starring people most Americans have never heard of? Not exactly the formula for box-office success. And yet *The Artist* is indisputably winning.

Wear your good undies, because it's going to charm your pants off. A charming film is not necessarily the same thing as a great film, of course. This one has its flaws, but it also has supercharged charm to spare. Jean Dujardin is charming in the role of George Valentin, a swashbuckling megastar of the silent screen. Early on, he has a chance encounter with a fan played by Berenice Bejo (Mrs. Hazanavicius in real life) and — you guessed it — is charmed by her.

She's an aspiring actress named Peppy Miller, and, yes, she is both peppy and charming. No sooner does Valentin use his influence to finagle her a small part in one of his pictures than talking films take the country by storm. If you've seen *A Star Is Born*, you can guess what happens next: As swiftly as Valentin's star fades (I think he sets a new world record for becoming a has-been), Peppy's ascends. Faster than you can say "Clara Bow," she's America's new movie sweetheart. He moves out of one Hollywood-land mansion and she moves into another.

Story is not the draw here. The filmmaker quotes from and pays tribute to so many classics, you don't just feel as though you've seen this all play out before. You feel as though you've seen it countless times. The draws are the effervescence of the performances, the director's infectious love of Hollywood and its history, and the sensational inventive flourish.

My favorite was the dream sequence in which Valentin cowers in horror as the age of sound dawns. Suddenly the volume knob on his world has been turned up. A vase clinks when he places it on a tabletop. A clerk clicks his dog barks. But, try as he might, he can't will a word out of his mouth. It's a great touch.

There's a stretch toward the end that could have used more of that playful magic. Long since we've gotten the idea that the one-time matinee idol has hit rock bottom, Hazanavicius makes a curious miscalculation. He keeps finding new bottoms for Valentin to hit. As a result, things begin to drag, and the picture comes perilously close to running out of charm.

Will Peppy come to the rescue? Will George make a comeback? Is true love in the cards? Anyone who's ever seen a movie knows the answer to these questions before the opening credits even hit the screen. That's the beauty of *The Artist*. There isn't a single surprise in its plot, yet it's one of the season's most pleasant surprises.

There are lots of reasons for that — the audacity of the filmmaker to give his project the silent treatment; marvelous supporting bits by such familiar faces as John Goodman, James Cromwell and Malcolm McDowell, a Jack Russell terrier who deserves a movie all his own; and that almost atomic blast of charm. *The Artist* may not rank as great art, but I defy you not to have a great time.

Rick Kisonak

reviews

Carnage ★★★



visceral behavioral
Reilly, Foster, Waltz and Winslet team up for Polanski's nihilist take on *The Breakfast Club* format

Ready for a shocker? Down deep, civilized people are not that civilized! They may even be egotistical monsters eager to savage their fellow humans in a quest for supremacy. For anyone who's read *Lord of the Flies* in high school, has watched reality TV or lives life obsessively, the message of Yasmina Reza's 2006 play *God of Carnage* isn't surprising, or particularly enlightening. But, using four talented actors, director Roman Polanski has turned this claustrophobic vignette — it all takes place in one Brooklyn apartment — into a vastly watchable black comedy.

The well-appointed apartment, packed with rare art catalogs and African sculptures, belongs to Michael and Penelope Longstreet (John C. Reilly and Jodie Foster). He sells pots and pans; she writes books about Darfur. Their 11-year-old son has just lost two teeth to playground aggression, prompting the Longstreets to invite the attacker's parents, Nancy and Alan Cowan (Kate Winslet and Christoph Waltz), over for a very civilized little talk.

As the film begins, the four are concluding their business, with Penelope drafting a legalistic account of the unpleasantness. The Longstreets don't want money — they've got dental insurance, they remark casually. Everyone is bidding a civilized farewell, when circumstances conspire to keep the Cowans where they are.

And keep them, and keep them. By the end of the 80-minute film, marital woes have been aired, *Who's Afraid of Virginia Woolf?*-style property has been destroyed, and culture wars have been waged in miniature. Minor irritations, like corporate lawyer Alan's constant yammering on his cellphone, have become reasons to inflict, yes, carnage.

Not in the literal sense, unfortunately. The film could have achieved hilarious closure by ending with a bloodbath, as one character after another succumbed to a yuppie-specific variant of the rage virus from *28 Days Later*. As it is, *Carnage* just sort of ends. But it still recalls a horror movie. The devices used to keep the two couples in one place are absurd as any ever deployed to put characters in harm's way in a slasher film.

With four movie stars chewing the scenery, the film would have been sheer torture, luckily, Polanski is working with pros. Each couple's power imbalance is evident 10 minutes into the film. Holier-than-thou Penelope bosses around mensch Michael, while amoral, career-driven Alan — who represents Big Pharma against the little guy — keeps his wife in a state of glassy-eyed acquiescent sentiment.

As conflict strains these already tense relationships, three of the participants are a joy to watch. Reilly does great work expanding — and darkening — the easygoing doofus he so often plays. (If only he'd had that freedom in *We Need to Talk About Kevin*.) Winslet finds surprising cruelty and wit in her passive-aggressive Stepford wife character, who can't seem to decide who nauseates her more, the preachy Longstreets or her husband. Waltz caprises his smarmy sociopath shtik from *Inglourious Basterds* and contributes some of the film's biggest laughs. ("Our son is a monster," he announces, with obvious pride.)

The one who isn't fun to watch, award nominations or not, is Foster. Playing a woman so high-minded and contemptuous of human frailty that she proclaims, "I don't want a sense of humor," she's believable enough to set your teeth on edge. While it's clear Penelope's grating intensity comes from a sense that she hasn't lived up to her own ideals, the play never gives her a redeeming moment of self-awareness. Reza and Polanski seem content to whip off her politically correct mask and reveal a hideous human being.

A great drama would do more than state what we all suspect anyway. Polanski uses crafty framing, set design and other trickery to make *Carnage* as interesting as it can be, but it's still a film leading to a foregone conclusion. People suck.

Margot Harrison

NEW IN THEATERS

THE ARTIST★★★1/2 A silent film star (Jean Dujardin) struggles to adapt to the advent of talkies in this award-winning old-movie homage from writer-director Michel Hazanavicius, which is itself black and white and almost entirely silent. With Bérénice Bejo, John Goodman, James Cromwell and a cute dog. (100 min. PG-13. Roxy)

EXTREMELY LOUD AND INCREDIBLY CLOSE. An 11-year-old New Yorker (Thomas Horn) tries to solve a mystery regarding his dad (Tom Hanks) who died in the 9/11 attacks. In this drama based on the novel by Jonathan Safran Foer. With Sandra Bullock and Max von Sydow. Stephen (*The Reader*) Daldry directed. (120 min. PG-13. Capitol, Essex, Majestic, Palace, Roxy)

HAYWIRE Having shown us a grim vision in *Contagion*, director Steven Soderbergh is back in his escapist mode. Mixed martial arts star Gina Carano plays a spy addressing traitors with her fists in this action thriller. With Ewan McGregor, Michael Fassbender, Michael Douglas and Channing Tatum. (93 min. R. Essex, Majestic, Marquis, Paramount, Stowe)

RED TAILS This military adventure from Lucasfilm tells a less familiar World War II story: that of the African-American fighter pilots in the Tuskegee training program, who had to fight for a chance to fly. Cuba Gooding Jr., Terrence Howard and Nate Parker star. Anthony Hemingway directed. (120 min. PG-13. Essex, Majestic, Palace)

UNDERWORLD AWAKENING. Kate Beckinsale returns to the paranormal action series and her leather garb as a vampire who wakes from a coma to find herself with a teenage daughter who's part werewolf. (Hey, these things happen!) With Michael Sheen and Bill Nighy, who should both know better. Måns Mårlind and Björn Stein directed. (88 min. R. Bijou Capitol [3-D], Essex [3-D], Majestic [3-D], Palace, Welden)

NOW PLAYING

THE ADVENTURES OF TINTIN★★★1/2 Blistering barnacles! Steven Spielberg directed this motion-capture animation that brings to life Hergé's graphic novels about a mystery-solving reporter, his booze-loving seaman sidekick and his loyal terrier. This first installment adapts *The Secret of the Unicorn*. With Jamie Bell, Daniel Craig and Simon Pegg. (107 min. PG. Bijou Capitol [3-D], Essex, Majestic [3-D], Palace, Welden)

ALVIN AND THE CHIPMUNKS: CHIP-WRECKED★ First a "squeakquel," now a "chip-wreck" on a deserted island. Will those singing animated chipmunks ever cease their cutesy abuse of the English language? Do they and their legions of young fans care what we think? Why should they? With the voices of Justin Long, Matthew Gray Gubler and Jesse McCartney. Mike (*Shrek Forever After*) Mitchell directed. (87 min. G. Bijou Capitol, Essex, Majestic, Palace, Welden)

BEAUTY AND THE BEAST (3D)★★★★ Spunky Belle's quest for freedom in the Beast's castle gets a new dimension in Disney's reissue of the 1991 musical animation. With the voices of Paige O'Hara and Robby Benson. Gary Trousdale and Kirk Wise directed. (84 min. G. Essex, Majestic, Marquis, Paramount)

ratings

★ = refund, please
★★ = could've been worse, but not a lot
★★★ = has its moments, so-so
★★★★ = smarter than the average bear
★★★★★ = as good as it gets

RATINGS ASSIGNED TO MOVIES NOT REVIEWED BY **NICK KISONAK** OR **MARGOT HARRISON** ARE COURTESY OF METACRITIC.COM, WHICH AVERAGES SCORES GIVEN BY THE COUNTRY'S MOST WIDELY READ MOVIE REVIEWERS.

CARNAGE★★★ Roman Polanski directed this adaptation of Yasmina Reza's play about two well-off professional couples who get progressively less civilized when they meet to discuss a fight between their kids. With Jodie Foster, John C. Reilly, Kate Winslet and Christoph Waltz. (79 min. R. Roxy, Savoy)

CONTRABAND★★1/2 Mark Wahlberg plays a smuggler-turned-security guard who goes back for one more big score in Panama in this action thriller. With Giovanni Ribisi and Kate Beckinsale. Baltasar (*101 Reykjavik*) Kormákur directed. (110 min. R. Capitol, Essex, Majestic, Palace)

THE DESCENDANTS★★★ George Clooney plays a Hawaiian grappling with family transitions after his wife suffers an accident in this comedy-drama from director Alexander (Sideways) Payne. With Beau Bridges and Judy Greer. (115 min. R. Majestic, Palace)

THE DEVIL INSIDE★ A woman tries to find out whether her long-institutionalized mother is possessed by demons or just mentally ill in this horror flick set in Italy. We're guessing the former. William Brent Bell directed. With Fernanda Andrade, Simon Quarterman and Evan Helmuth. (87 min. R. Bijou, Essex, Majestic, Welden)

THE GIRL WITH THE DRAGON TATTOO★★★1/2 David (*The Social Network*) Fincher directed the American adaptation of the first book in Stieg Larsson's best-selling mystery trilogy set in Sweden. A left-wing journalist (Daniel Craig) and a mysterious hacker (Rooney Mara) investigate the cold case of a teen's disappearance. With Robin Wright, Stellan Skarsgard and Christopher Plummer. (158 min. R. Bijou Capitol, Essex, Majestic, Marquis, Palace, Roxy, Stowe, Welden)

HUGO★★★★ Martin Scorsese changed pace to direct this fantastical family tale of a mysterious boy who lives in the walls of a Paris train station, based on Brian Selznick's book *The Invention of Hugo Cabret*. With Asa Butterfield, Ben Kingsley, Sacha Baron Cohen and Chloë Moretz. (127 min. PG. Essex [3-D], Roxy)

THE IRON LADY★★★ Oscar alert! Meryl Streep plays Margaret Thatcher, Britain's only female prime minister, in this biopic from director Phyllida (*Mamma Mia!*) Lloyd. With Jim Broadbent as Denis Thatcher. (105 min. PG-13. Palace)

JOYFUL NOISE★★ Diva alert! Dolly Parton and Queen Latifah play two dig voices battling for control of a small-town church choir headed for a national contest in this musical comedy drama. Todd (*Hairspray*) Graff directed. With Kris Kristofferson and Keke Palmer. (116 min. PG-13. Essex, Majestic)

MISSION: IMPOSSIBLE - GHOST PROTOCOL★★★★1/2 Tom Cruise returns as a secret agent going up against a nuke-happy madman in the fourth installment in the action series, which gives him a new team. Simon Pegg, Paula Patton, Jeremy Renner and Michael Nyqvist also star. Brad (*The Incredibles*) Bird directed. (133 min. PG-13. Bijou Capitol, Essex, Majestic, Palace, Paramount, Roxy)

MY WEEK WITH MARILYN★★★ Michelle Williams plays a fraying Marilyn Monroe in a drama about the filming of *The Prince and the Showgirl* in 1956. With Eddie Redmayne, Judi Dench and Kenneth Branagh as Laurence Olivier. Simon Curtis directed. (96 min. R. Roxy)

SHERLOCK HOLMES: A GAME OF SHADOWS★★1/2 The sleuth (Robert Downey Jr.) goes up against his arch-enemy, Professor Moriarty (Jared Harris) who menaces the crowned heads of Europe. In Guy Ritchie's sequel to his loud, action take on Arthur Conan Doyle. With Jude Law, Stephen Fry and Noomi Rapace, the original Girl With the Dragon Tattoo. (129 min. PG-13. Bijou Capitol, Essex, Majestic, Palace, Roxy, Stowe, Welden)

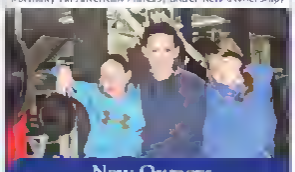
NOW PLAYING » P.75







OP4 Fitness
(formally All American Fitness, under new ownership)



New Owners
The Garzia's a locally-owned business

New Owner Special
2 Months $39.95
Offer valid until January 31, 2012

$110 Semester Student Special
Offer valid until May 31, 2012 w/ full time student ID

free MMA Classes
Cardio Classes
24 hour gym

1881 Williston Rd. S. Burlington VT
802-399-2634
www.op4fitness.com



Are you thinking about starting or expanding your family?

IF YOU ARE A WOMAN:
Between the ages of 18 and 42 and plan to become pregnant in the next year

- ☑ Never had a child before, or
- ☑ Have diabetes or hypertension, or
- ☑ Had preeclampsia, or
- ☑ Have a family history of hypertension or preeclampsia

THEN
Researchers at the University of Vermont would like to speak with you. This study will examine risk factors for preeclampsia, a disease of pregnancy.

Financial compensation of up to $375 is provided. We will provide you with ovulation detection kits to aid timing your conception.

The UNIVERSITY of VERMONT

If you are interested please call 802-656-0309 for more information.

SHOWtimes

[illegible] IN VERMONT
TIMES SUBJECT TO CHANGE WITHOUT NOTICE
FOR UP TO DATE TIMES VISIT **SEVENDAYSVT.COM/MOVIES.**

BIG PICTURE THEATER

481 Carroll Rd. (off Rte 100), Waitsfield, 496-8984, www.bigpicturetheater.info

wednesday 18 — thursday 19
***Mountain Top: Human Rights Film Festival** All day

****See website for details.*

Full schedule not available at press time. Times change frequently, please check website.

BIJOU CINEPLEX 1-2-3-4

Rte. 100, Morrisville, 888-3283, www.bijou4.com

wednesday 18 — thursday 19
The Devil Inside 7 10
Mission Impossible: Ghost Protocol 6 40 **War Horse** 7 **Sherlock Holmes: A Game of Shadows** 6 50

friday 20 — thursday 26
***Underworld: Awakening** 1 15 3 45 (Sat & Sun only) 7 10, 9 15 (Fri & Sat only) **War Horse** 1 & 4 (Sat & Sun only) 7 **Sherlock Holmes: A Game of Shadows** 6 50 9 15 (Fri & Sat only) **Alvin and the Chipmunks: Chip-Wrecked** 1 15 & 3 45 (Sat & Sun only) **The Girl With the Dragon Tattoo** 1 & 4 (Sat & Sun only) 7

CAPITOL SHOWPLACE

93 State St., Montpelier, 229-0343, www.fghtheaters.com

wednesday 18 — thursday 19
Contraband 6 30 9 **War Horse** 7 **The Adventures of Tintin (3-D)** 6 30 9 **The Girl With the Dragon Tattoo** 7 **Sherlock Holmes: A Game of Shadows** 6 15 9

friday 20 — thursday 26
***Extremely Loud and Incredibly Close** 1 30 (Sat & Sun only) 6 15 9 ***Underworld: Awakening (3-D)** 1 30 (Sat & Sun only) 6 30, 9 **Contraband** 1 30 (Sat & Sun only) 6 30 9 **War Horse** 1 15 (Sat & Sun only) 7 **Mission Impossible: Ghost Protocol** 6 15 9 **Alvin and the Chipmunks: Chip-Wrecked** 1 30 (Sat & Sun only)

ESSEX CINEMA

Essex Shoppes & Cinema, Rte. 15 & 289, Essex, 879-6543, www.essexcinemas.com

wednesday 18 — thursday 19
Beauty and the Beast (3-D) 12:30 (2 D) 3 10 5 15 7 15, 9 40 **Contraband** 12 45 2 25 4 50 7 15 9 20 **Joyful Noise** 1 20 4 15 6 45 9 20 **The Devil Inside** 12 45 3 5 10 7 20 9 20 **The Adventures of Tintin** 3 20 9 30 **The Girl With the Dragon Tattoo** 1 30 4 45 8 **Mission Impossible: Ghost Protocol** 1 10, 4 10, 8 50, 9 35 **War Horse** 12:30 3 30 6 30 9 30 **We Bought a Zoo** 12 40 6 30 **Alvin and the Chipmunks: Chip-Wrecked** 4 10 6 20 **Sherlock Holmes: A Game of Shadows** 12:50, 3 45 6 40 9 30, **Hugo (3-D)** 1 15, 8 30

friday 20 — wednesday 25
***Extremely Loud and Incredibly Close** 12 45 3 40, 6 30, 9 25 ***Haywire** 1 3 10, 5 15 7 20 9 35 ***Red Tails** 12 30 3 30 6 30 9 30 ***Underworld: Awakening (3-D)** 12 40 3 5 10 7 30, 9 45 **Beauty and the Beast (3-D)** 12 45 (2 D) 2 45 4 45 6 45 8 45 **Contraband** 1 30 4 20 7 20, 9 45 **Joyful Noise** 1 20 4 15 6 45 9 20 **The Devil Inside** 4 20 9 35 **The Girl With the Dragon Tattoo** 1 **Mission Impossible: Ghost Protocol** 1 10, 6 50 **War Horse** 3 55 9 35 **Sherlock Holmes: A Game of Shadows** 9 35 **Hugo (3-D)** 1 15 6 55

MAJESTIC 10

190 Boxwood St., (Maple Tree Place, Taft Corners), Williston, 878-2010, www.majestic10.com

wednesday 18 — thursday 19
Beauty and the Beast (3-D) 12:20 (2 D) 2 20 4 25 6 30, 8 45 **Contraband** 1 30 4 05 7 9:35 **Joyful Noise** 12 30 3 15 6 25 9 05 **The Devil Inside** 1 45 3 50 6 8 9 55 **The Adventures of Tintin (3 D)** 4 45 **The Girl With the Dragon Tattoo** 1 4 20 7 40 **Mission Impossible: Ghost Protocol** 12 15 3 15 6 50, 9 45 **War Horse** 12 3 10, 6 15 9 30 **We Bought a Zoo** 3 45 8 45 **Alvin and the Chipmunks: Chip-Wrecked** 1 40 6 35 **Sherlock Holmes: A Game of Shadows** 1 55 7 15 9 50 **The Descendants** 12 30 3 25 6 40 9 20

Full schedule not available at press time.

MARQUIS THEATER

Main St., Middlebury, 388-4841

wednesday 18 — thursday 19
Beauty and the Beast (3-D) 7 **The Girl With the Dragon Tattoo** 7 **War Horse** 7

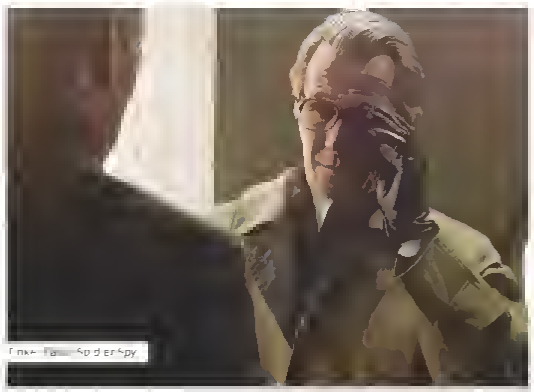
friday 20 — thursday 26
***Haywire** Fri 6 30, 9 Sat 2 6 30, 9 Sun 2 7 Mon-Thu 7 **Beauty and the Beast (3-D)** Fri 6 30, 8 30 Sat 2 6 30, 6 30 Sun 2 7 Mon-Thu 7 **The Girl With the Dragon Tattoo** Fri & Sat 9 **War Horse** Fri 6 Sat 2, 6 Sun 2 7 Mon-Thu 7

MERRILL'S ROXY CINEMA

222 College St., Burlington, 864-3456, www.merrillstheatres.net

wednesday 18 — thursday 19
Carnage 1 05 3 5 7 20 9 30 **Tinker Tailor Soldier Spy** 1 20 4 10 6 45 9 20 **The Girl With the Dragon Tattoo** 1 30 6 20 9 15 **Mission Impossible: Ghost Protocol** 3 30 6 35 **My Week With Marilyn** 1 15 3 25, 7 9 10 **Sherlock Holmes: A Game of Shadows** 1 10 4 5 50, 8 25 **Hugo** 1 6 10

friday 20 — thursday 26
***The Artist** 1 3 5 7 10, 9 25 ***Extremely Loud and Incredibly Close** 1 10 3 45 6 50 9 15 **Carnage** 1 05 3 05 4 50 7 20 9 30 **Tinker Tailor Soldier Spy** 1 20 4 6 45 9 20 **My Week With Marilyn** 1 15 3 25 7 9 10 **Sherlock Holmes: A Game of Shadows** 4 05 9 05, **Hugo** 1 25 6 35,



PALACE CINEMA 9

10 Fayette Dr., South Burlington, 864-5510, www.palace9.com

wednesday 18 — thursday 19
Contraband 10:30 a.m. (Thu only) 1, 3 45 7 9,35, **The Iron Lady** 10:30 a.m. (Thu only) 1 15 2 25 3 40 4 50 6 05 7 15 8 30 9 40 **The Adventures of Tintin** 1 05 3 35 **The Girl With the Dragon Tattoo** 12 50 4 05 7 20 **Mission Impossible: Ghost Protocol** 12 45 3 40 6 40 9 30 **War Horse** 12 55 4 10 7 30 **We Bought a Zoo** 3 25 8 10, **Alvin and the Chipmunks: Chip-Wrecked** 1 20 6 10 **Sherlock Holmes: A Game of Shadows** 6 35 9 20 **The Descendants** 1 10, 4 6 45, 9 15,

friday 20 — thursday 26
****The Metropolitan Opera Presents: The Enchanted Island'** Sat 12 55 ***Extremely Loud and Incredibly Close** 12 45 3 35 6 30 9 20 ***Red Tails** 10 30 a.m. (Thu only) 12 55 3 50 6 40 9 20 ***Underworld: Awakening** 12 05 2 15 4 30 7 05 9 25 **Contraband** 1 (except Sat) 3 45 7 9 35 **The Iron Lady** 10 30 a.m. (Thu only) 12 1 15 3 40 4 50 6 05, 7 10, 8 30 9 35 **The Adventures of Tintin** 2 20 **The Girl With the Dragon Tattoo** 12 10 6 20 **Mission Impossible: Ghost Protocol** 3 30 (except Sat) 9 30 **War Horse** 12 15 6 10 9 10 **We Bought a Zoo** 3 25 **The Descendants** 1 10 4 6 45 9 15,

****See website for details.*

PARAMOUNT TWIN CINEMA

241 North Main St., Barre, 479-9621, www.fghtheaters.com

wednesday 18 — thursday 19
Beauty and the Beast (3-D) 6 30 8 30 **Mission Impossible: Ghost Protocol** 6 15 9

friday 20 — thursday 26
***Haywire** 1 30 (Sat & Sun only) 6 30 9 **Beauty and the Beast (3-D)** 1 30 (Sat & Sun only) 6 30, 8 30

THE SAVOY THEATER

26 Main St., Montpelier, 229-0509, www.savoytheater.com

wednesday 18 — thursday 26
Carnage 1 30 (Sat & Sun only) 6 9 **Tinker Tailor Soldier Spy** 1 & 3 30 (Sat & Sun only) 6 30, 8 45

STOWE CINEMA 3 PLEX

Mountain Rd., Stowe, 253-4678

wednesday 18 — thursday 19
War Horse 7 **The Girl With the Dragon Tattoo** 7 **Sherlock Holmes: A Game of Shadows** 7

friday 20 — thursday 26
***Haywire** Fri 7 9 Sat 2 30 4 30 7 9 Sun 2 30 4 30 7 Mon-Thu 7 **War Horse** Fri 6 30, 9 10 Sat 2, 30 6 30 9 10, Sun 2 30 7 Mon-Thu 7 **The Girl With the Dragon Tattoo** Fri 6 30, 9 15 Sat 2 30 6 30, 9 15 Sun 2 30 7 Mon-Thu 7

WELDEN THEATER

104 No. Main St., St. Albans, 527-7838, www.weldentheatre.com

wednesday 18 — thursday 19
The Devil Inside 7 9 **War Horse** 7 9 15 **The Adventures of Tintin** 7 **Sherlock Holmes: A Game of Shadows** 9

friday 20 — thursday 26
***Underworld: Awakening** 2 (Sat & Sun only) 7 9 (Fri Sun only) **War Horse** 4 (Sat & Sun only) 7 9 30 (Fri Sun only) **The Adventures of Tintin** 2 & 4 (Sat & Sun only) **The Girl With the Dragon Tattoo** 3 30 (Sat & Sun only), 7 9 30 (Fri Sun only) **Alvin and the Chipmunks: Chip-Wrecked** 2 (Sat & Sun only)

mobile
LOOK UP SHOWTIMES ON YOUR PHONE!
CONNECT TO **M.SEVENDAYSVT.COM** ON ANY WEB ENABLED CELLPHONE FOR FREE UP TO THE MINUTE MOVIE SHOWTIMES PLUS OTHER NEARBY RESTAURANTS CLUB DATES EVENTS AND MORE

NOW PLAYING « P.73

TINKER TAILOR SOLDIER SPY★★★★ Gary Oldman plays a British intelligence agent seeking a mole during the Cold War in this adaptation of John le Carré's spy novel from director Tomas (*Let the Right One In*) Alfredsson. With Colin Firth, Mark Strong, Benedict Cumberbatch, Tom Hardy and lots of other British thespians. (127 min, R. Roxy, Savoy)

WAR HORSE★★★★ Steven Spielberg directed this epic drama about a beloved horse sent to serve in World War I and the lives he touches as he moves through the fray. With Jeremy Irvine, Emily Watson, David Thewlis and Niels Arestrup. (146 min, PG-13. Bijou, Capitol, Essex, Majestic, Marquis, Palace, Roxy, Stowe, Welden)

WE BOUGHT A ZOO★★★ Matt Damon plays a family man who takes on a decaying zoo full of exotic animals in this adaptation of Benjamin Mee's memoir from director Cameron Crowe. With Scarlett Johansson, Thomas Haden Church and Elle Fanning. (124 min, PG. Essex, Majestic, Palace)

NEW ON VIDEO

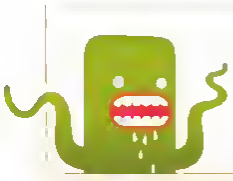
ABDUCTION★1/2 In which we learn whether Taylor Lautner of "Team Jacob" lame can carry a movie. He plays a teen who uncovers disturbing truths about his parentage in this thriller from director John Singleton. With Lily Collins, Alfred Molina and Sigourney Weaver. (106 min, PG-13)

BUCKY LARSON: BORN TO BE A STAR1/2★ Nick Swardson and some fake buck teeth star in this comedy about a grocery bagger who sets out to start his Hollywood career after learning his parents were once porn stars. With Don Johnson and Christina Ricci. Tom Brady directed. (96 min, R)

COURAGEOUS★★ Four cops who are also dads strive to maintain law and order on the streets and at home in this inspirational drama from director Alex (*Fireproof*) Kendrick. With Kendrick, Ken Bevel and Kevin Downes. (130 min. PG-13)

THE IDES OF MARCH★★1/2 George Clooney directed this behind-the-scenes presidential campaign drama, based on a play by former Howard Dean staffer Beau Willimon. He also plays the candidate. Ryan Gosling is his press secretary. With Paul Giamatti and Philip Seymour Hoffman. (98 min, R)

MYSTERIES OF LISBON A bastard investigates his parentage in this sprawling adaptation of an epic 19th-century novel from director Raúl Ruiz. With Adriano Luz, Maria João Bastos and Ricardo Pereira. (257 min. NR. Read Margot Harrison's Movies You Missed review this Friday on our staff blog, Blurt.)



movies you missed

EXCERPTS FROM BLURT, THE SEVEN DAYS STAFF BLOG

Movies You Missed 21: *Higher Ground*

Lots and lots of movies never (or only briefly) make it to Vermont theaters. Each Friday Margot Harrison reviews one that you can now catch on your home screen. This week in movies you missed: Actress Vera Farmiga gets religion in her directorial debut, an irreverent movie that takes faith seriously.



Higher Ground is based on Carolyn Briggs' 2002 memoir *This Dark World: A Memoir of Salvation Found and Lost*, which details the author's experiences as a young wife and mother in a radical Pentecostal church in the '70s and her eventual decision to leave.

For the film, the story has been transported from Iowa to rural upstate New York. That was also the setting of the recent indie cult drama *Martha Marcy May Marlene*, and the films have visual similarities, both evoking '70s counterculture photos of youthful (yet retro) communities where the men wear beards and the women are caught somewhere between prairie and hippie fashion.

M.H



Find the rest of the review at sevendaysvt.com.

After 16 years with *Seven Days*, Film Quiz has reached its last frame. Many thanks to Rick Kisonak for puzzling us so long and so well.

Did you know...

That Chiropractic care is beneficial for all ages?

Better Movement

Better Energy

Better Self Healing

FAMILY FIRST CHIROPRACTIC

Your Family Wellness Experts.

Dr. Angelo Marmakis

Dr. Christine Lebecki

249 S. Main Street 85 Prim Rd, Ste 401

Cambridge / 802-644-2260 Colchester / 802-860 0382

www.familyfirstchiro.com



Support a woman making the transition from prison back into the community.



The influence of a mentor can profoundly affect a woman's ability to be successful as she works to rebuild her life.

If you are a good listener, have an open mind and want to be a friend, we invite you to contact us to find out more about serving as a volunteer mentor.

mercy connections

In partnership with Vermont Women's Prison

Call Pam at (802) 846-7164

Mentor training begins

February 8, 2012, 5:30—7:30 p.m.

www.mercyconnections.org

SEVEN DAYS blurt STAFF BLOG

The water cooler just got wetter.

SEVENDAYSVT.COM/BLURT

ARIES (March 21-April 19) The Macy's ad I saw in the newspaper had a blaring headline: "Find Your Magic 2.0." The items that were being touted to help us discover our upgraded and more deluxe sense of magic were luxurious diamond rings. The cheapest was $2150. I'm going to try to steer you in another direction in your quest to get in touch with Magic 2.0, Aries. I do believe you are in an excellent position to do just that, but only if you take a decidedly nonmaterialistic approach. What does your intuition tell you about how to hook up with a higher, wilder version of the primal mojo?

TAURUS (April 20-May 20) The U.S. Constitution has survived 222 years, longer than the constitution of any other nation on the planet. But one of America's founding fathers, Thomas Jefferson, might have had a problem with that. He believed our constitution should be revised every 19 years. Personally, I share Jeffersons view. And I would apply that same principle of regular reinvention to all of us as individuals — although I think it should be far more frequently than every 19 years. How long has it been since you've amended or overhauled your own rules to live by, Taurus? Judging by the astrological omens, I suspect it's high time.

GEMINI (May 21-June 20) "It is respectable to have no illusions — and safe — and profitable and dull," said author Joseph Conrad. Taking our cue from his liberating derision, I propose that we protest the dullness of having no illusions. Let's decry the blah gray sterility that comes from entertaining no fantastic fantasies and unreasonable dreams. How boring it is to have such machine-like mental hygiene! For this one week, Gemini, I urge you to celebrate your crazy ideas. Treasure and adore your wacky beliefs. Study all those irrational and insane urges running around your mind to see what you can learn about your deep, dark unconsciousness. (P.S. But I'm not saying you should act on any of those phantasms, at least not now. Simply be amused by them.)

CANCER (June 21-July 22) If you were a medieval knight going into battle with a full suit of armor, the advantage you had from the metal's protection was offset by the extra energy it took to haul around so much extra weight. In fact, historians say this is one reason that a modest force of English soldiers defeated a much larger French army at the Battle of Agincourt in 1415. The Frenchmens armor was much bulkier and by the time they slogged through muddy fields to reach their enemy, they were too tired to fight at peak intensity. The moral of the story, as far as you're concerned: To win a great victory in the coming weeks, shed as many of your defense mechanisms and as much of your emotional baggage as possible.

LEO (July 23-Aug. 22) One way or another, you will be more famous in the coming months than you've ever been before. That might mean you'll become better known or more popular ... or it could take a different turn. To tease out the nuances, let's draw on Naomi Shihab Nye's poem "Famous." "The river is famous to the fish. // The loud voice is famous to silence / which knew it would inherit the earth / before anybody said so. // The cat sleeping on the fence is famous to the birds / watching him from the birdhouse. // The tear is famous briefly to the cheek. // The idea you carry close to your bosom / is famous to your bosom." (Read the whole poem here: bit.ly/FamousToWhom.)

VIRGO (Aug. 23-Sept. 22) Three famous actresses formed the British Anti-Cosmetic Surgery League last year. Rachel Wiesz, Kate Winslet and Emma Thompson say they believe people should be happy with the physical appearance that nature gave them. Is it rude of me to note that unlike most of the rest of us, those three women were born gorgeous? It's easy for them to promise not to mess with their looks. Do you ever do that, Virgo? Urge other people to do what's natural for you but a challenge for them? I recommend against that this week. For example: If you want to influence someone to change, be willing to change something about yourself that's hard to change.

LIBRA (Sept. 23-Oct. 22) I predict major breakthroughs in your relationship to intimacy and togetherness in 2012, Libra — if that is, you keep in mind the following counsel from psychologist Neil Clark Warren: "Attraction and chemistry are easily mistaken for love, but they are far from the same thing. Being attracted to someone is immediate and largely subconscious. Staying deeply in love with someone happens gradually and requires conscious decisions made over and over again." (Read more by Warren here: tinyurl.com/WiseChoices.)



CAPRICORN

(Dec. 22-Jan. 19)

The Bible addresses the subjects of money and possessions in about 2000 verses, but devotes only 500 verses to prayer and 500 to faith. As you know, my advice in these horoscopes usually tends to have the opposite emphasis. I concentrate more on spiritual matters than materialistic concerns. But this time, in acknowledgment of the specific cosmic influences coming to bear on you, I'm going to be more like the Bible. Please proceed on the assumption that you have a mandate to think extra deeply and super creatively about money and possessions in the coming weeks. Feel free, too, to pray for financial guidance and meditate on increasing your cash flow.

SCORPIO (Oct. 23-Nov. 21) Purslane is a plant that's also known colloquially as pigweed. It's hearty and prolific and spreads fast. In a short time, it can grow out of control, covering a large area with a thick carpet. On the other hand, it's a tasty salad green and has a long history of being used as a cooked vegetable. As a medicinal herb, it's also quite useful, being rich in omega-3 fatty acids as well as a number of vitamins and minerals. Moral of the story: Keep pigweed contained — don't let it grow out of control — and it will be your friend. Does anything in your life fit that description?

SAGITTARIUS (Nov. 22-Dec. 21) As he approaches his 70th birthday, retiree and Michigan resident Michael Nicholson is still hard at work adding to his education. He's got 27 college degrees so far, including 12 master's degrees and a doctorate. Although he's not an "A" student, he loves learning for its own sake. I nominate him to be your role model for the coming weeks, Sagittarius. Your opportunities for absorbing new lessons will be at a peak. I hope you take full advantage of all the teachings that will be available.

AQUARIUS (Jan. 20-Feb. 18) Here's one of my favorite quotes from American philosopher Ralph Waldo Emerson: "I hate quotations. Tell me what you think." The current astrological omens suggest that this is an excellent message for you to heed. It's crucial for you to know your own mind and speak your own thoughts. It's smart to trust your own instincts and draw on your own hard-won epiphenies. For best results, don't just be skeptical of the conventional wisdom; be cautious about giving too much credence to every source of sagacity and expertise. Try to define your own positions rather than relying on theories you've read about and opinions you've heard.

PISCES (Feb. 19-March 20) Why did Mark Gibbons strap a washing machine to his back and then climb to the top of Mount Snowdown in Wales? He did it to raise charity money for the Kenyan Orphan Project. If, in the coming weeks, you try anything as crazy as he did, Pisces, make sure it's for an equally worthy cause. Don't you dare take on a big challenge simply to make people feel sorry for you or to demonstrate what a first class martyr you can be. On the other hand, I'm happy to say that you could stir up a lot of good mojo by wandering into previously off-limits zones as you push past the limitations people expect you to honor.

CHECK OUT ROB BREZSNY'S EXPANDED WEEKLY AUDIO HOROSCOPES & DAILY TEXT MESSAGE HOROSCOPES **REALASTROLOGY.COM** OR 1-877-873-4888

SEVENDAYSVT.COM

01.18.12-07.25.12 SEVEN DAYS





NEWS QUIRKS BY ROLAND SWEET

Curses, Foiled Again

Pedro Prieto and Yordan Llauger aroused suspicion when they tried to buy a Nissan Maxima in Austin, Texas, using 90 $100 gift cards. Police linked the pair to the theft of people's credit-card data. (Austin's KVUE-TV)

Police accused Adam Hall, 34, of vandalizing his ex-girlfriend's car in Bennington, Vt., by scratching "suit" [sic] on the hood. Suspecting Hall was trying to spell the word "slut," they asked him to write the sentence "You are a slut." Hall wrote, "You are a suit." (ABC News)

Entitlement Programs

After an internal review of the metropolitan Washington, D.C., transit authority showed 645 items missing from one branch, investigators found 74 items in the home of a branch employee. "You would call it stealing, but I would say it was more like borrowing," he said, explaining, for example, that he took a portable generator because his home lost power during Hurricane Isabel in 2003 and kept it in case he lost power again. After the search, word spread among the man's coworkers, many of whom, the report stated, "began to bring into the office Metro-owned equipment that they had been keeping at home." *(Washington Times)*

Entitled to Special Parking

Americans lacking high school diplomas may qualify as disabled if employers deny them jobs on the basis of that shortcoming, according to the Equal Employment Opportunity Commission. It stated in an "informal discussion letter" that an employer's requirement of a high school diploma, long a standard criterion for screening job applicants, must be "job-related for the position in question and consistent with business necessity" to avoid violating the Americans with Disabilities Act. Employment-law professionals pointed out far-reaching implications of the EEOC's advice, including. Philadelphia lawyer Mary Theresa Metzler said, "less incentive for the general public to obtain a high school diploma if many employers eliminate that requirement for job applicants." *(Washington Times)*

Breaking Up Is Hard to Do

A British court heard that when Marcin Kasprzak, 25, got "bored" with his partner, Michelina Lewandowska, 27, he changed his Facebook status to "single" and told Lewandowska she wasn't as good looking as the women he saw at the gym. Then he attacked her with a 300,000-volt Taser stun gun. After Kasprzak bound and gagged her, he and a friend put her in a computer box and taped it securely. Next, they "drove her to a wooded area where it was unlikely she would be found, and there dug a shallow grave and buried her alive," prosecutor Jonathan Sharp told Leeds Crown Court. Despite having dirt piled around and on top of the box and an 88-pound tree branch placed across the box to keep it shut, Lewandowska regained consciousness, fought her way out of the box and the dirt, and flagged down a passing car. (BBC News)

Drinking-Class Heroes

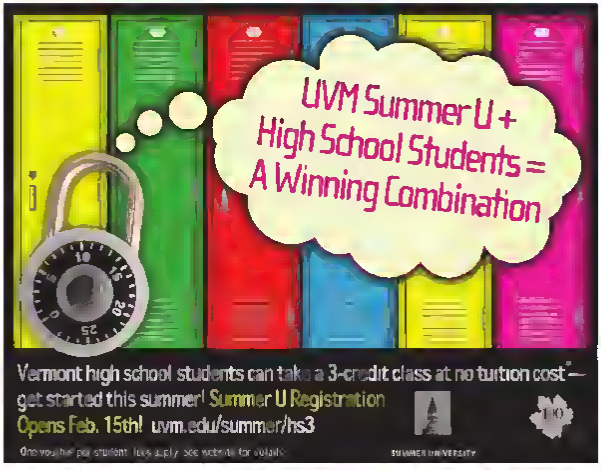
Voters in Medicine Lodge, Kan., approved Sunday liquor sales for the first time since Prohibition, which ended in 1933, even though Kansas still hasn't ratified the constitutional amendment that repealed it. Medicine Lodge, population 2000, was the home of Carry A. Nation, who famously crusaded against liquor by smashing up saloons with her hatchet. (Associated Press)

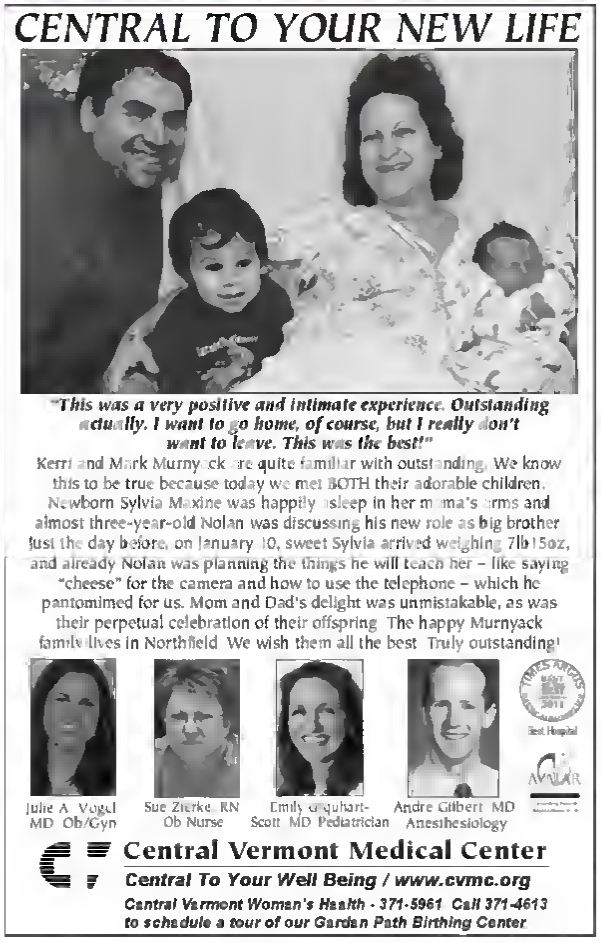
Police officers working a traffic checkpoint in Plaistow, N.H., suspected Barry Short, 22, might be driving while intoxicated when he drove by at a slow rate of speed in a vehicle that "was missing a rear tire and was riding on the rim," Officer Michael Beauchesne said, adding Short had no idea how long he had been riding on the rim and believed he was in a different town. His blood alcohol level was three times the legal limit. (Manchester's WMUR-TV)

Chelsea Hess, 22, who rolled her car while driving drunk, filed suit against a bar in Bluffton, S.C., because the bartender failed to check her age or whether she was already drunk before serving her. She was only 20 at the time of the accident, which left her a paraplegic. Hess, who wasn't wearing a seat belt when she was thrown from the vehicle, is also suing the state Department of Transportation, claiming the agency failed to properly maintain the shoulder of the road where the wreck occurred. *(Beaufort Gazette)*

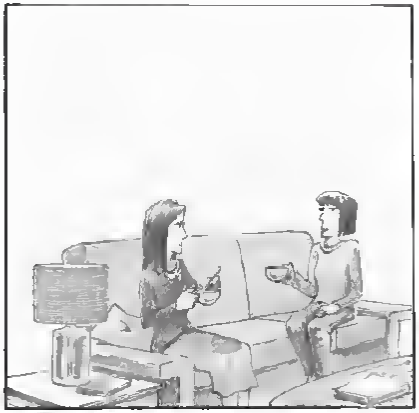
Scrap Heap of the Rich

Japanese police reported that 11 luxury sports cars driving to Hiroshima crashed in Yamaguchi prefecture when the driver of one tried to change lanes and hit the median barrier. His Ferrari spun across the highway, and other cars collided while trying to avoid it. In all, eight Ferraris, a Lamborghini and two Mercedes — worth more than $1 million collectively — were involved in the pileup, as well as three other vehicles. Police said 10 people were treated for bruises and cuts, and some of the vehicles were beyond repair. (Associated Press)





BLISS BY HARRY BLISS

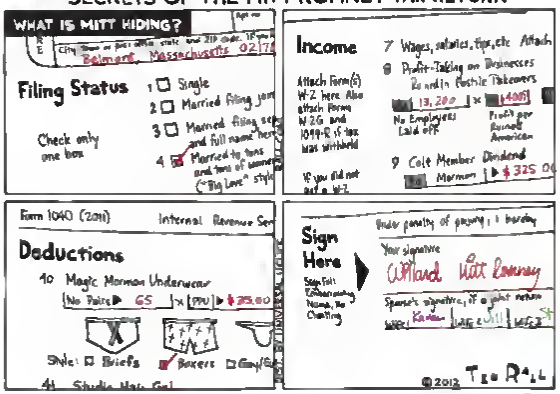


"I'm just relieved that I *finally* found a therapist who was able to pin it all on my mother."

TED RALL

FROM THE FILES OF THE ANYTHING BUT MITT REPUBLICANS

SECRETS OF THE MITT ROMNEY TAX RETURN



LULU EIGHTBALL



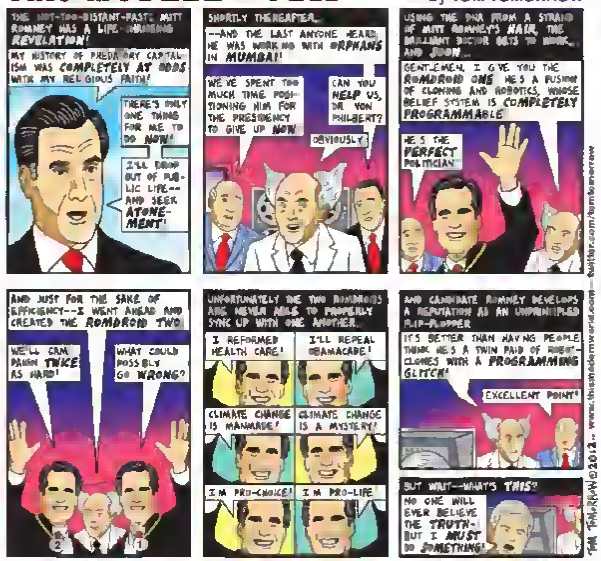
THE K CHRONICLES

BY KEITH KNIGHT



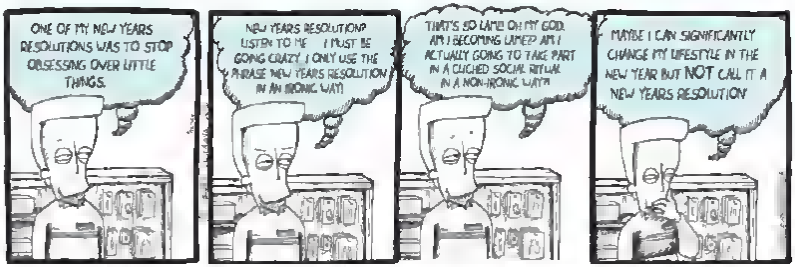
THIS MODERN WORLD

by TOM TOMORROW



Bill the Cockroach

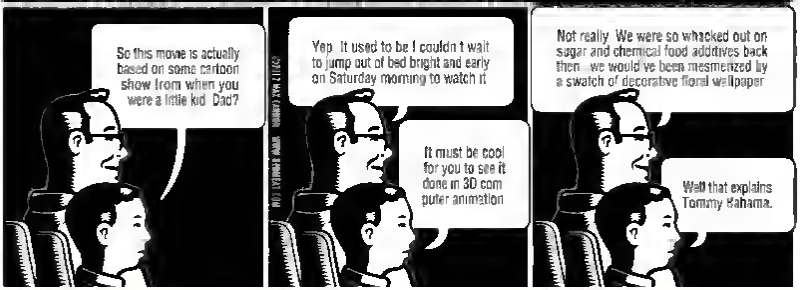
henry Gustavson



RED MEAT

tiresome titter trek

from the secret files of **Max Cannon**



TINY SEPUKU © 2011

DEAR TINY,
I JUST ASKED A GIRL OUT ON MY FIRST DATE EVER! ANY IDEAS OF WHERE I SHOULD TAKE HER?
–JACOB
MINNEAPOLIS, MN



@TINYSEPUKU ? TINYSEPUKU@HOTMAIL.COM TINYSEPUKU.COM

AMERICAN ELF

THE SKETCHBOOK DIARIES OF JAMES KOCHALKA

45 SECONDS TO MICROWAVE MY COFFEE



JANUARY 9, 2012

THUMBS UP



JANUARY 12, 2012

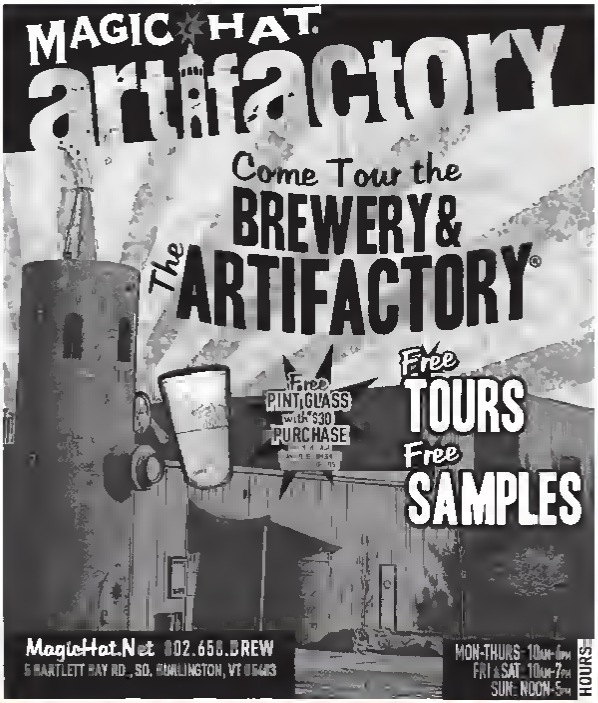
read more at www.americanelf.com

MY MAILMAN



JANUARY 13, 2012

more fun! straight dope (p.25) NEWS quirks (p 77) & free Will astrology (p76)
cross Word (p.c 4) & calcoku & sudoku (p c-5)



FITNESSOPTIONS
FITNESS NUTRITION WELL-BEING

PERSONAL TRAINING
SPINNING • YOGA
NOW OFFERING
CONCEPT II ROWING

INDIVIDUAL & SMALL GROUP TRAINING
STATE OF THE ART FITNESS EQUIPMENT IN A SCENIC SETTING
1050 Hinesburg Rd, So. Burlington • www.fitnessoptionsvt.com
Call for Appointments: 863-4848 • FREE Consultation
LIKE US ON

Bernasconi Construction, Inc.
General contractor of all phases of construction



QUALITY CUSTOM HOMES
Now specializing in making your home MORE ENERGY EFFICIENT!
WATER DAMAGE REPAIR

Now installing Solar Hot Water*
Additions | Remodels | Roofing/Siding
House & Camps Lifted for Installation of Foundations
Specializing in the Installation of
Pellet & Wood Stoves | Metalbestos Chimneys
EPA Certified Renovator | Hardwood & Tile Flooring
Custom Tile Showers & Back Splashs
(Certified in Lead Paint, Renovation, Repair & Painting)
*inquire about tax incentives
802-578-1610 | NO JOB TOO SMALL! | Residential & Commercial
Fully Insured | Free Estimates | Competitive Rates



Pet Food Seminar
January 25th, 5 30 PM
Light refreshments provided

Ever wonder what all the stuff on your pet food label means?
Unsure what food is best for your pet?
Join us to find out!

Limited Seating.
Reserve your seat Now!

Depot Home & Garden
"The Little Store with More"
36 Park St, Essex, Jct VT 05452
802-878-8596
Mon-Sat 9-5 30 Sun 10-3

PERSONALS

For relationships, dates, flirts and I-spys:
sevendaysvt.com/personals



WOMEN seeking MEN

Homesteading partner/ laug Hter looking-after
Working class background with a better than-average education well-traveled civic-minded Hippie-punk meets good in the kit chan comfortable without a map. Who would be a good fit with me? You think outside the box (but have a box anyhow they're handy) Farm and/or hunt or at least gather wild edibles Volunteer Have a very eclectic music collection compatible sense of aesthetics humor justice.
kindred 45 ♊ ☐ **#108459**

kind, loving caring passionate
Wow I never thought I would have to do this so here I go I am very kind loving passionate woman with two young children that we are ready to find that special someone that enjoys most of the things we do Hope to find someone to settle with or a great friendship
mysterywoman2012 28 #122880

positive active Honest caring lady
I consider myself a fun, fit, young 50-something woman that seeks the same in a gentleman I enjoy working out in the gym hiking, snowboarding and doing yoga You have some similar likes and are a positive self sufficient, caring energetic individual looking for a fun loving person like me. **katie_bee 58** ☐ **#122875**

musician, professional, hiker
I am looking to meet friends possibility of more later I ride a Harley shoot guns and play classical music. I'm a devoted mommy to my dog and cat. **clarinetgirl 40**- ☐ **#122832**

free spirited Fun- loving Woman
Free-spirited woman who enjoys life to the fullest! My passions include my Harley dancing exercise classes romantic dinners roaring fires and cuddling to name a few! Seeking sincere, passionate fun man
freespiritvt 54 ♊ ☐ **#122870**

caring Honest, sincere patient Woman
People always say I'm a happy person who has great values and good manners I sincerely like to help people their happiness makes me happy I do not sweat over stuff I like to deal with it and turn the page. I take my time listening to people and I don't pay attention to insignificant stuff! **hesitlm01 47** ☐ **#122846**

WOMEN seeking WOMEN

fun, kindness, friendly laug H
I appreciate f ne wines children, pets family nature water the city and country Love to travel and I am warm inviting and friendly Love to cook, explore live music and read. **vtlady101, 59** ☐ **#122864**

fun lady n vermont
I am very young at heart and spirit and mind and body I have tons of energy workout every day and am always on the go. However I do know how to relax and enjy my quiet time, but it would be nice to have someone there with me. **vt123148 55** ☐ **#118830**

california licke turns country
Okay so here is the scoop I was born and raised in California! I am currently living in Vermont! I wanted to experience something new I am looking for someone to show me the area who has a lot in common with me! Your sign should be close to mine! **queenofink91 30 #122870**

CURIOUS?
You read *Seven Days*, these people read *Seven Days* — you already have at least one thing in common!

All the action is online. Browse more than 2000 local singles with profiles including photos, voice messages, habits, desires views and more.

It's free to place your own profile online. Don't worry you'll be in good company.

See photos of this person online.

Hear this person's voice online.

NOT ON THE 'NET?
You can leave voicemail for any of the nice folks above by calling:

1-520-547-4556

at a loss for Words
50 words is NOT enough for a personal ad! LOL. If you want to read the real ad I placed check it out online!
inkedfenix422 30 #122852

looking for you I Hope
It's been years since I've done any type of personal ad. I'm honest hardworking and cute (so I've been told) Really big on communication it's a must I love making eye contact when speaking to someone. Looking for someone between the ages of 32-48 Want to get to know me, you know what to do maybe we can meet Looking forwaid to hearing from you **Waiting 4h** ♊ ☐ **#122817**

must love laug Hing and o dventure
I am a free-spirited woman who loves being active but also loves to relax and enjoy a movie. I have an inquisitive mind and I am always seeking to branch out with my interests I am looking for a fun woman with a good sense of humor a sense of adventure and who values a healthy lifestyle
otrandeolf ed, 24 ☐ **#122802**

peaceful laug Hter
I m an outgoing physically active, animal-loving, gentle soul Looking for a cute fun and interesting lady to spend time with. This is a crazy, wonderful world let's have fun and leave it a wee bit better than when we left **summer 28** ☐ **#122715**

emotionally intelligent, attractive organized
Let's get together We are worth it. Go for coffee and see if there is any sugar. If not, than we can drink it black. Take a risk and see me I am here and as real es it gets If there is a good feeling then we will be on our way to an awesome place **lee 46, ♊ #122658**

female looking for private romance
I am looking for someone to date and hang out. I like movies together I also am very laid back and anjay a massage or shopping I'm looking for that spark that turns into a romantic time together that can last for a long time. **ratlady 28** ☐ **#122458**

girl Wit H freckles like stars
Just moved back to the state Looking for a butch girl to wine-and dine with Let's hang go apple picking or meet for coffee and see where things go! **freckleslikestars, 22** ☐ **#122208**

MEN seeking WOMEN

talking over tea
I m a poet writer musician and shiatsu therapist I love h-king, hiking, camping sunsets bluebernes wood fires, cuddling caressing, quilts, good bread compost, trees, acoustic guitars sledding swimming in rivers skinny dipping being silly kissing people telling their stories kindness ayes that can't hide how they're feeling beautiful smiles. Integrity deep sharing, slow food kisses on my neck and earlobes **nakben, 37** ☐ **#108001**

great smile more voice
A slightly salty shipwrecked Pirate (like Jimmy Buffet) who came back to the area from the sea. Missed the mountains and people that make this home for me. My life is simple and challenging. Like to be close to music and friends on both sides of Mount Ellen/Mount Abraham range. Previous powderhound from Sugarbush New enjoy passing the sport on to all ages Hoping for a warm honest friand to share it with
nokedsailor 60 ♊ ☐ **#122899**

young man looking to date
Looking for a woman who can make me laugh and is outgoing Someone who doesn't care what other people think. A gul that has a strong work ethic and isn't afraid of getting a little dirty **bigpeckerbob, 21 #122892**

getting it rig Ht
I'm a relationship guy If we meet and are dating that means I like you I'm not "liking" a long list of potentials as well I m very honest and trustworthy I love to laugh and I will love making you laugh. I m romantic and affectionate and I like showing it. If you are the same way perfect! This is who I am... tell me more about you **chatt07 30** ☐ **#122532**

MEN seeking MEN

l oug H l ive and l ove
I am fit, healthy and fairly good looking. Great sense of humor and want the same from you Love hiking mountain climbing golf my Harley camping travel etc. Positive attitude a must. Like slim bodies-like mine. Must be discreet and confidential No drugs or smoking and must be med cally clean Let s have lunch to further discuss. Age 62 **carpediamencel, 54 #122906**

PROFILE OF THE ek:

MEN seeking WOMEN

s mile

Look, Ma, I m in the newspaper! That's me! Really Those are my words I asked them to put them in the paper! Sweet!
t wango 31 ☐ **#121930**

from Rio online profile : If you are a superhero, what is your power? To provide long hot showers to other superheros who were fighting crime all day

fired
Hi Well I am tired of doing it solo I m looking for someone who likes riding motorcycles, boating and other similar interests I am financially stable and respectful of others.
greenmountainboy 50 #113829

outdoor adventure and romance companion
Relationships require good timing Well right now the timing is right for me. If you like to have a great breakfast before hitting the slopes streams, trails or bicycle paths we might be a great match Of course there is always dinner Maybe cards or some other fun way to end the day Good education decent job good health age 55 **zoomflumer 55** ☐ **#122865**

poetry in motion
I have a fun and active life and am looking for someone seeking the same. I grew up with four sisters so I am a bit quiet and a good listener You are kind and live by the golden rule. I'd like to think the rest is physical chemistry and minor details that's my fantasy and I'm sticking with it. **intuitiv74 53,** ☐ **#114266**

sWeet musical boy
I m just looking for some fun no strings A partner in crime so to speak Personality is what counts for me To be honest, I like a smart girl Nerds kooky types music junkies ravers artists ...mmmmm hit me up ☺ I m funny sweet and hard to put your finger on. Wanna give it a shot? ☺ **d.j.saintyonx, 24** ☐ **#122873**

true country guy Here
Ok so here is the deal I live in the north country ..grew up on a dairy farm Cattle are still and always will be in my blood If you can't deal with it, move on Truly looking for another farmer or someone involved in the industry that understands my love for it If you want to know more just ask. **jerseyman74 37** ♊ **#122833**

country guy
Hey all I am an all around fun guy I am looking to meet someone who likes going out and hanging with friends or just the quiet night in where I'll make dinner for the both of us Not into the head games Anything else you want to know hit me up **kenwood 28 #122542**

nice guy next door
I'm the nice guy who lives next door I like to experience life, whether it's hiking a mountain or boating on Lake Champlain I enjoy drives in the country and trips to Boston I've been looking for love in all the wrong places I'm now making a conscious decision to find the right guy Could that be you? **dex. 44 #125100**

brow W guy later
Si marr ed male seeking other gay or bi men for fun times and fr endship
bigguy68 34 ♊ ☐ **#117618**

MORE RISQUÉ?
TURN THE PAGE

PERSONALS

For group fun, BDSM play, and full-on kink:
sevendaysvt.com/personals



WOMEN seeking

Playful blonde lovee boys!
Me tiny blonde athletic and flexible oh-so-open minded You fit, muscular man scaped w/clean-shaven face Ever fantasize about a true-blue, guilt-free gangbang? I'm your girl! I love multiple men pleasing me at the same time captured on camera! D/D free and protection a must. I will serve it up hot and fresh and send you home in time for dinner☺ **sutlied_anget 40** ☐ **#122775**

looking for fun!
I am 38 years old and looking to meet a female to get to know I love to have a good time in and out of bed Let's chat **Thefungirl 36** ☐ **#122741**

Takes orders Well
Lonely sub in need of a master Looking to please you and be rewarded when I do a good job. Love lingerie and high heels as well as public places Wanna play? **extraliteeub 33 #122819**

good Times To be had
I'm looking for a casual thing Sex, sleeping foreplay cuddling oral movies, drinking, hanging out. One, some or all of the above Not sure what to expect from this but message me and we'll see what happens **c_vlir 23** ☐ **#122818**

NAUGHTY LOCAL GIRLS
WANT TO CONNECT WITH YOU
1-888-420-BABE
69¢

Take me for a a Pin
I'm bisexual and looking for a friend with benefits from either gender I'm relaxed and easy to get along with and looking for someone I can hang out with and fool around with when we feel like it I'm up for pretty much anything so hit me up Must enjoy couples play <3 **TestingTheWaters 21, #122455**

bi-sexual Fanune seeks same
I'm looking for open-minded friends to create fun quality relationships with. If you like to go out on the town or enjoy a wild time at home, then look no further You must be STD drug-free respectful and discreet. If you are a woman/women, or a "couple" (man/woman) and are interested in the wilder side of life, let's get together! **whyhotbeyourse0 43 #122313**

Fun Ty feTish
I have a secret I have a panble fetish and I would like to share it with you I also like to do lots of phone play and pics I am 27 yrs married and very discreet **nikkiabex84 27** ☐ **#122205**

aged To Perfec Tion
Like a fine wine, some things just get better with age! I am a mature, sexy woman looking to start over I was married to my late husband all my life and am looking for new excitement! It's never too late! Teach me how to as the kids say "dougie" **eliverinxx, 63 #121512**

hoT Phone Fan Tasies Woman cou Ple
I am an experienced 70's, hot, sexy woman looking for a woman To talk with me and my Man to enjoy phone fantasies Someone who will do a 3way call at no expense to you So have your vib or dildo and join us for pleasure that we make for ourselves. **mymamadoll 74** ☐ **#121297**

MEN seeking

ex Tremely diverse mar Tial PueT Playna Te
I worship your body I enjoy every rote. I've been a construction worker and a nude model Our relationship will be one of the greatest things in life, whatever form it takes Of course I'd kinda like to take yours and push it up against a wall and kiss it...or lift it up and never let it touch the ground. **callofthewyld 27** ☐ **#122809**

seeking discree T lover
Looking for a physically fit, attractive intelligent woman who is looking for a monthly friends with benefits type arrangement. Currently in a sexless marriage and can't stand the lack of intimacy any longer I am a nice clean-cut, caring fun-loving and compassionate gentleman Looking for similar female companion Age not important. Send an introductory email Photo preferred **sayyes 46** ☐ **#122871**

love To Please
Recently out of a long term relationship looking to have some fun with like minded people Not looking for anything serious now but if things develop how can you fight fate? Very laid back and easygoing person **forshstartz 26 #122898**

ou Tgoing guy looking for fun
I am a 25 ye male from central VT looking for a woman 20-35 for some fun or something serious depending on how things go **jabez0123 24** ☐ **#122850**

discre Tion required
Being recently divorced, but uncertain about the dating scene (and still having an appetite) I'm looking for a FWB situation I am completely open to this becoming more formal I have daughters who are with me every other week so discretion must play a part. I'm stable, employed and my friends tell me I'm handsome. **spongeworthy 46 #122886**

kinky Travelin Teddy bear
Hello I am a guy who loves kink. I will only be here a few weeks and am interested in sampling the local fare. You must like large professional guys (think Shrek or Winnie the Pooh) Interested in females only I am open to discussing your kink, whatever it may be or simply just hooking up **king satyrx, 48 #122883**

noT here a long Time
here for a good time! In the Burlington area for a month or so looking for some NSA fun **gh 34bTv 42 #122839**

Play Time Is noW
Hello. Sweet guy here non pushy I am interested in playing with a female or couple I am 5'11" 220 avg hung I don't mind a little chub on a woman but do not enjoy bbw Let's connect up and see what happens No pressures Interested in fun times but also open to long term relationships and friendships ☺ **sweet14u 36** ☐ **#122825**

looking for fun encoun Ters
Hi I am looking for a cool guy to hang out and have fun with I am into pleasure, and have the tools to do things the right way If you would like to have some fun drop a line! Day times are great I will answer all inquiries Let's explore together! **hotrocking33 44 #122800**

seeking shared sexual fulfillmen T
Man looking for a woman between 30 and 54 who is slender to average build and enjoys sex as much as me. Must like to touch and be touched. I love to please and be pleased. Skin on skin with a passionate woman is awesome I am a single fun and sexual guy 47 **lovehotsexx1, 48 #122781**

very discree T
I am looking for very discreet encounters Let's explore each other and find our boundries thru trust and respect for one another☺ **hhw 47 #122771**

my man Wan To To Play!
Bi curious couple looking to play New to this Would like to meet first, have a few drinks to see where it goes Nothing serious and no strings attached. Must be clean and discreet, D/D free. **Two40ne, 39 #122896**

you kno W you Wan T iT
We are interested in finding a female to enjoy this female. Can be bi or not cause ladies a three is great and I love them, but if you just need a long hard nine, I will watch you enjoy my man as long as you want Size and age not a major thing just be fun **spanksnkisses 33 #122878**

seeking fulfilling ou Tback odven Tures
Fit, active couple seeking sexy confident naughty girl for threesome fun Looking to explore deep outback, care to lend a hand, tongue, hum? Dirty mind is a plus! **outback3 39** ☐ **#122750**

KINK OF THE WEEK:

WOMEN seeking

iTs Tress. miss, Tress.
gothic freak in search of larger freak. Very rough play softies need not apply. Prefer to dominate unless you smack me down hard Discreet or in the park matters not. **obeyeitherway 18** ☐ **#122834**

from his online Profile great sex calls for lots of foreplay toys time dedication clear demands, unusual pastimes control experimenting and most of all satisfaction and beyond.

benefi To for guys com Paninship P!
Benefits for guys companionship! I am an average-looking guy looking to please any and all men Love to service any need you may have I can host any time I live in central Vermont. Come one come all! Discreet Clean Two holes await Let me be your oral oasis No withdrawals **reyer 48 #122767**

looking To ex Plore and learn
Looking to explore fantasies and experiences Let's check off the sex bucket list **hoots33 45 #122782**

OTHER seeking

curious cou Ple
Happy couple looking to have a little fun. New to this seeking male or female for 3some. No strings attached Must be clean discreet no drugs/stds Would like to meet for a few drinks first and see where it goes **wewanttoplaywithu 36 #122903**

jessicasle T
Hi I am a 28 transgender slut who is planning on having the sex change done and I am going to look like Taylor Swift with C or D cup breast. I am looking for someone to fulfill all of my fantasies and must be cool with taking me out as girl and treating me like the girl slut **jessicaslut, 28** ☐ **#122900**

blakk Whi Te kinky Play Time
We like to play }nism} looking for a lady/woman or couple to play with, very chilled and down to earth like to have fun a good movie or night out on the town Is all fun We don't kiss and tell funny jokes very friendly like to people watch would like to have one or two play friend(s) **man Toro Td 34** ☐ **#122764**

cou Ple in search
Husband and wife looking for a female who would like to hang out more than just in the bedroom We would like to find that female to work with us for what we would like to happen to start with. We are NOT Ken and Barbie. Both are extremely sexual. We are looking forward to hearing from you **couplenamenh, 32 #122650**

deliciously deligh Tful duo seeking lady
We are a sexy and spirited couple looking to play with a third lady to fulfill our desire for threesome fun We are both quite attractive (slender in shape, tattoos, sex appeal etc.) and we're seeking a female of the same caliber. This is our first time posting and we're eager to see what fruits this search might bare. ☺ **seductiveandspontaneouswithclass, 28** ☐ **#122630**

CURIOUS?
You read Seven Days these people read Seven Days — you already have at least one thing in common!

All the action is online. Browse more than 2000 local singles with profiles including photos voice messages habits, desires, views and more.

It's free to place your own profile online. Don't worry, you'll be in good company.

See photos of this person online

Hear this person's voice online.

NOT ON THE NET?
You can leave voicemail for any of the kinky folks above by calling...

1-520-547-4566

TOO INTENSE?
GO BACK 1 PAGE

ispy

If you've been spied, go online to contact your admirer!

savandaysvt.com/personals

On Tap blues nigh T T/12
You were out with your friends and said I was hot. I said you were hot you were as interested as I was. You said you would find me and I have been thinking about you since. I really hope by joining hare and pier ing this ad helps I should have got your number. **When Thursday January 12 2012. Where On Tap. Your Woman. Me Man. #909848**

aTarbucks shelburne rd. and 189
You are a tall brunette that always dresses fashionably but this morning you set a new standard for sexy chic. No wonder it is raining. Instead of snowing. I believe you are taken, so please accept this as confirmation that you are a vision of urban sensuality and you inspire some fantastic daydreams. **When. Friday January 13, 2012 Where starbucks shelburne r d. and 189 You: Woman. Me Man. #909847**

Tall brune TIe
I met you at Flatbread in Burlington. When you showed me your snake tattoo I nearly fell apart. You have no idea what you do to me can't tell if the feeling is mutual. Coffee? Adult beverage? Adventure? **When. Monday January 9 2012 Where Flatbread, hTV You Woman. Me Man. #909845**

hal TIMOre hreida
Wished I'd left with more than just your first name. I am curious if you come to VT often. Perhaps we would dance again. **When. sunday January 1 2012 Where stowe VT Your Man. Me Woman. #909840**

dann TaTapleain berim
I came in this morning while on duty for work wearing a jumpsuit. You had just closed your aisle but I walked over anyways. You opened back up with a big smile. You asked if I had a rewards card and I signed up for one just so you could have my number. Why haven't you texted me yet? **Where sunday January 8 2012 Where berlin, VT You: Man Me Man #909838**

beau TIFul bespec TacleSial Onde in STOWn
You bought a skirt and bag in a Btown clothing store on 1/7 than came and exchanged the bag. I was speechless both times and was kicking myself for it all day. Your smile lit up my afternoon. No worries if the feeling wasn't mutual please just take it as a compliment. Hope to see you around. **When saturday January 7 2012. Where burlington. Your Woman. Me Man. #909838**

dOlra apiea
My brother and I sat in the middle of the room and played Chinese chess. You two were in the newer tea table booths. I think I heard you two talk about us. Wanna have tea again, maybe sit together? My brother is taken, but I wouldn't mind taking you both out for tea. ☺ I wore glasses. **Where Friday January 6 2012 Where downtown. You: Woman. Me Men. #909837**

dOlar aTOre cuTie
We were joking around about you going to a party. You had on boots with fur on the top. I was your cashier. You were of a dark skin tone I thought you were so amazingly perfect. Stop by again sometime. Maybe leave your number and we could go for tea. But hurry. I leave for college next week. **Where Friday January 6 2012 Where colchester You Woman. Me Man #909836**

BUY-CURIOUS?



If you're thinking about buying a home, see all Vermont properties online:

sevendaysvt.com/homes

Where dog Old a T?
40 hours a week gazing all your orange freckled face isn't enough. You use a box cutter like a stallion. The way you handle claims makes me want you to handle my claim. Do you like my scratchy beard? Let me know when you find out where da gold at. **When Friday January 6 2012 Where peering through the walk up window Your Man. Me Man. #909835**

MOnke Y Man
Hey MM! I spied you walking into my life and am the luckiest person in the world. I love hanging out with you and laughing so hard! Myrtle Beach was perfect. Let's do it again and in the meantime let's hang out. Snake lady. **When. Thursday October 13, 2011. Where Vermont. You Man. Me Woman #909834**

nOr ThFieldsa Vings bank shelburne rd
You teller blue eyes dark hair. We conversed about New Years and mumosas. My store had a 2 for 11 deal on champagne. Maybe you'd like to hang sometime? I'll make the mumosas. **When. Wednesday december 28 2011 Where northfield savings bank shelburne r d. You. Woman. Me. Woman. #909833**

eVer YWhere FOr Yeare
I told you I was in love with you once. It's still true. **When sunday december 11 2011 Where around. You Man. Me Woman #909832**

Tall anS Hands OMe o T rITe aid
To the hottie with the six-pack of Genesee tall boys on New Years Eve: I'd wait in line next to you any day of the year. You: black leather jacket and black jeans. Me: petite, black coat, brown hat, and a liter of Mountain Dew. **When. saturday december 31, 2011 Where cherry street r ite old. You Man. Me Woman #909831**

Jo Te-nigh T Tea run
You came through my line at the grocery store (I was the only one there) buying three different kinds of tea. We made eye contact and I couldn't believe how pretty your eyes were. Wishing I had caught your name. **When Monday January 2 2012 Where MorrisvEle Your Woman. Me Man #909830**

deligh TFulenc OunTeru Theal ThY LiVing
We talked for a little while, and I was too nervous to ask you for your number but you know where I work. **When Tuesday January 3, 2012 Where healthy Living You Man. Me Woman. #909829**

a Fedge Januar Y Fire T
You: blond woman with great legs and a couple young girls on treadmill with you. Me: next in line working out. You asked if I was training for something. Would love to meet for coffee. Tea gal orade. **When sunday January 1 2012 Where Williston edge. You: Woman. Me Man. Bi #909828**

FOOdie aI cOr TIJO neW Yeare
We sat one seat apart at the counter on New Years Day. You tried the special Rookies and seemed as excited as I was to check out the new place. I was trying to work up the courage to say hi but then your friend arrived. Want to go back sometime and give the margaritas a try? **When sunday, January 1 2012 Where el cortijo. You Man. Me Woman #909827**

Slack o dias and nice s Mile
I spied you in October - my plan to casually run into you again hasn't panned out. You were working diligently on your computer while I was failing at working on mine. You smiled and we talked, but I gave up when some guy got my facebook info instead. I left as you were talking to your friend about Gogol Bordello. **When. Wednesday October 26, 2011 Where Muddy Waters You Woman. Me Woman #909825**

TOO cu Te TO run OVer I
Thursday afternoon OGE. You: pink jacket, jeans and green boots. After not running you over on Church Street with my car I saw you again in OGE right after. Me: handsome, black wool jacket, longer hair. Thought you would follow me into New Moon were I could buy you a coffee. Look me up and we will have that coffee. **When Thursday december 29, 2011 Where Outdoor gear exchange You Woman. Me Man #909824**

glad I MeT YOu TOdaY
We met today in a meeting. Thought you were attractive. DA was in the meeting with us. If you read this, you're single and interested in going out sometime. Email me and tell me what we were talking about in the meeting. If not, that's cool but you should at least know that you're very attractive. **When: Thursday december 29 2011 Where Williston. You: Woman. Me Man #909823**

Your guide to love and lust...

mistress maeve



Dear Mistress,

I have been doting s great guy for about six months. He's handsome, educatad and ambitious, which are highly desirable qualities to me. We have been living together for two months, have sex about nine times a week and overall enjoy each other's company.

Recently, I was using his laptop and accidentally brought up his internet history. I discovered some porn sites, which would be no big deal, but these were gay porn sites! Not only that, I also found sites where men were soliciting other men for oral sex. What could I do? I immediately went to him and asked him if he was gay (nicely, I swear).

He didn't get defensive, and he explained that he used to do a lot of drugs back in the day and tapped into a freaky and kinky side. He told me he likes to look at these sites for the "taboo" factor, but I still think that makes him pretty gay! Should I believe that this is just some kind of fantasy fetish? Even if it's just fantasy now, isn't it possible that he'll want to explore it in real life someday?

Signed,

Looking for the straight story

Dear L.F.T.S.S.,

A person's sexuality cannot be determined by the type of porn he watches. Just because I watch girl-on-girl porn or gang-bang scenes doesn't necessarily mean I want either of those things in real life. I agree with your guy — taboo sexuality is arousing, and for some men in our straitlaced society, visiting gay porn and cruising sites is about as taboo as it gets.

That said, let's not ignore some major red flags. Your guy attributed his "kinky side" — a side that he was hiding from you — to drug use in the past. This type of secretive behavior indicates a strong suppression of his desires and possibly a high level of shame surrounding his fantasies, which could blow up in your relationship later on.

Also, I wasn't born yesterday — there's no way you "accidentally" clicked on your boyfriend's internet history. Something made you spy on him, which indicates that you don't completely trust him. You've got some serious thinking to do. A monogamous relationship in which one partner is bisexual is absolutely possible, but you've got to trust him — do you?

Bi for now,

mm

need advice?
Email me at **mistress@sevendaysvt.com** or share your own advice on my blog at **sevendaysvt.com/blogs**

healthy living Market and Café

LEARNING HAS NEVER BEEN SO DELICIOUS!

THE LEARNING CENTER AT HEALTHY LIVING

Cooking With Chef Jozef of Chef's Corner Café

Friday, February 3rd · 5:30pm – 8:00pm
Demo · $20 · pre-registration is required



A busy demonstration evening with Chef Jozef. Watch, taste and learn as this super-skilled chef creates everything from South African Peri Peri Shrimp to Classic French Tart Tatin with Chantilly Cream, and shows you how simple it is to prepare in your own kitchen.

No Dairy, Sugar, Or Wheat? So What Can I Eat??

Wednesday, February 8th · 5:30pm – 8:00pm
Demo · $20 · pre-registration is required



If you're on a restricted diet, you still want to LOVE what you cook. You CAN if you replace the ingredients you've been told to avoid. Join Nina, our Learning Center Director, in this popular, powerful and yummy class as you broaden your culinary horizons.

Pharma-Foodia: Foods to Reduce Chronic Stress

Friday, February 24th · 5:30pm – 8:00pm
Demo · $20 · pre-registration is required



Take a look at the value and pleasure of using a variety of what we call our "food pharmacy" to treat, prevent and address chronic diseases. This delicious class features an abundance of fresh foods that address stress, energy levels, and chronic disease.

Taking Tofu Up A Notch

Wednesday, February 29th · 5:30pm – 8:00pm
Hands-on · $45 · pre-registration is required



Ready for a new outlook? It's time to learn some delicious new tricks for transforming tofu. Tofu's a great source of protein and it can become a fantastic meal if you know what you're doing! Nina knows, and she'll show you how it's done in this hands-on class.

To reserve your place or to see our complete class schedule, visit our website or call!

222 DORSET STREET, SOUTH BURLINGTON · 802.863.2569 HEALTHYLIVINGMARKET.COM · 8AM-9PM SEVEN DAYS A WEEK